

WEEKLY NEWS

Thursday, August 8, 2013

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Pupils enjoy day 'on the farm' - Page 4



Merseybeat comes to square - Page 6



Police manhunt after sex attack on woman

POLICE cordoned off part of a Haverhill street after a woman reported she had been sexually assaulted.

The attack is said to have happened in an alleyway near Horsham Close on Tuesday at around 6.05pm.

The victim said she was attacked by an unknown man.

The woman reported the incident to the police yesterday and officers cordoned off part of Horsham Close to begin their investigation.

A spokeswoman from Suffolk police confirmed earlier today that scene preservation was still in place this morning and no arrests had been made.

The victim was expected to speak to police again later today.

Town clerk Will Austin urged those with information to get in touch with police as soon as possible.

He said: "Town councillors were naturally very disturbed to hear of this incident.

"I have contacted the local police inspector to find out more and to establish whether he considers this an isolated incident in

DEBRA FOX

Haverhill, a town with a relatively low and falling rate of crime overall.

"In the meantime our thoughts are with the victim of the attack, and we urge anyone with information to contact Haverhill CID on 101 without delay."

The attack came only three weeks after 34-year-old Kevin Forrester, of Montford Court, Haverhill, was stabbed after an altercation in a car park near Harrow Road in the town.

The 34-year-old got himself to Addenbrooke's Hospital after the incident on July 16.

He spent days in a critical condition, but was expected to make a full recovery.

Police are appealing for witnesses who may have been in the area at the time of the sexual attack or anyone else who may have information about the incident to get in contact.

Call Haverhill CID on 101 or Crimestoppers anonymously on 0800 555 111.



ASSAULT: Part of Horsham Close was cordoned off for the investigation.

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Accident crossroads ‘must be improved’

DEBRA FOX

THE site of two separate fatal accidents needs to be improved to prevent further deaths, Haverhill Town Council says.

A set of crossroads between Withersfield and West Wrattling claimed the lives of two Haverhill men within a month.

Dean Cork, 47, from Gainsborough Road, Haverhill, died on the morning of April 23 after his scooter was in collision with a van, while 20-year-old Bradley Gamble from North Avenue in the town was killed in a crash between his car and a van.

He died on May 18 in Addenbrooke's hospital, Cambridge.

Haverhill Town Council has been calling for changes to be made on the crossroads to prevent other families going through the distress and trauma of suddenly losing a loved one.

Town clerk Will Austin says that Cambridgeshire County Council has already made minor adjustments to improve conditions at the junction, which sits between Skippers Lane and Common Road, West Wrattling.

White bollards have been installed at the site, and rumble strips have been painted on to the surrounding road.

He said: "The town council is deeply concerned about the safety of this junction in Cambridgeshire.

"Two Haverhill residents have lost their lives there in recent months and our thoughts are with the families of the victims. Nothing we can do can ease the grief of the families, but as highway authority, Cambridgeshire County Council is able to change the layout to reduce the likelihood of further tragedies."

Mr Austin said a road safety officer from the county has advised that a major improvement is needed, but this will cost an estimated £400,000.

He said: "We consider this a small price to pay to protect the lives of local people, but the county council says it has run out of money for projects of this kind this year and that any proposals would have to be 'prioritised' against other county council initiatives, with no guarantee of success."

The town clerk said that Cambridgeshire County Council should treat this as a matter of urgency, and work harder to deliver a safety solution at the junction, to protect the town.

He said: "We may not be in Cambridgeshire but we are a vital part of



MEMORIAL: The junction where Dean Cork and Bradley Gamble died.

the Cambridge region, our residents work, shop and spend leisure time in Cambridgeshire, and we are a major contributor to its economic success.

"We have the right to be kept as safe as possible on its roads and we are deeply unhappy that a price seems to have been

Race raises more cash GP facing hearing

AN EVENT held by Slimming World groups in Haverhill has now raised more than £600 for cancer research.

The weight loss group teamed up with Cancer Research UK in a national campaign that encouraged slimmers to walk, jog or run.

The Haverhill groups, both of which meet at The Newcroft, on Chalkestone Way, held a Race at Your Place event in the town on July 28.

Participants could take on a variety of routes, either 2k, 5k or 10k, to do their bit. They raised £620.

Slimming World Consultant Tania Watson, who runs the

Wednesday groups, said: "We are thrilled with with amount and will continue to collect change until the end of August."

Tania said it was inspiring to see some group members take to the track so willingly, after having no previous experience of running any distance before.

The groups run on Tuesdays at 9.30am, 5.30pm and 7.30pm and Wednesdays at 9.30am, 11.30am, 5.30pm and 7.30pm.

For more information contact Tania on 07974 565 229 or Mel Laing, who runs the sessions on Tuesdays, on 07818 275743.

A FORMER Haverhill GP alleged to have supplied excessive quantities of inhalers to a patient without adequate assessment is facing a fitness to practice hearing this week.

Dr Andrew Sanger Bowen was a doctor at Christmas Maltings Surgery in Camps Road, Haverhill, between August 2007 and December 2011 when he is accused of acting for a patient inappropriately.

The General Medical Council (GMC) alleges that the defendant "assumed sole responsibility for prescribing for patient A and sup-

plied excessive quantities of inhalers without taking steps to ensure that the patient was assessed by an independent GP and/or a specialist".

The hearing started on Monday and is expected to finish tomorrow (Friday), at St James's Buildings, Oxford Street, Manchester.

The GMC panel will be asked to consider a case of impairment by reason of misconduct.

The hearing is being held in private, after an application was made.

For full hearing details, visit www.mpts-uk.org.



DANCE: Keralan performers in traditional dress, pictured with parish priest Father Michael.

Fundraisers enjoy a day of Keralan culture

PARISHIONERS at St Felix Catholic Church in Haverhill organised an evening of culture from their homeland.

Members of the church from Kerala, South India, gave their friends a taste of food and entertainment.

Performers donned traditional

dress to indulge in a programme of dance, including the traditional Bharathanatyam, a classic form of dance in the region.

Folk dances and Bollywood routines were also on the menu.

The event was held at St Felix School on July 6 and led by Jose Valiathazhath of the town's

Keralan community.

The Kerala day was part of a calendar of fundraising events, held to pay back a £150,000 loan to repair and rebuild the church on Princess Way.

The South Indian Feast raised £700 towards the payback.

Margaret Stewart, Acting Head of

St Felix School and parish priest Father Michael kicked off the day in style by lighting the nilavilakku, a traditional bronze lamp, commonly lit at dusk at the entrance to homes across south India.

A similar event was held at the church two years ago in celebration of Father Michael's birthday.

NEWS IN BRIEF

Appeal for missing cartwheel

A CARTWHEEL has been stolen from a garden in Kedington.

The 4ft, wooden wheel was chained at a property in Dash End Lane.

It was taken between Tuesday, 30 July and Thursday, 1 August.

If you saw this theft or have any information call Pc Chris Groom at Suffolk Police on 101 or Crimestoppers on 0800 555 111.

County's chief constable on tour

CHIEF constable Douglas Paxton is touring the county to tackle policing at a local level.

He plans to talk to members of the public and find out more about the issues in the communities he visits.

He started his tour in Lowestoft yesterday and will visit Newmarket, Stowmarket, Bury St Edmunds and Ipswich.

The visits will finish in Leiston on Friday, September 27.

Flower show returns

THE Haverhill and District Flower Club's annual show will take place on August 16 and 17.

It will be opened officially on August 16 by town Mayor Cllr Roger André and his wife.

This year's show is not only welcoming competitors from across Haverhill.

Entrants from Ipswich, Bury St Edmunds, Bishops Stortford, Stowmarket, Mildenhall, Harleston and Saffron Walden are among those participating.

Fire chief is moving on

CHIEF fire officer and Suffolk County Council's director of public protection is saying farewell and heading for Royal Berkshire.

Andy Fry has been in his current position for four-and-a-half years, but will leave Suffolk in the autumn to become the chief fire officer for Royal Berkshire Fire and Rescue Service.

Mr Fry said: "It has been a great pleasure and an enormous privilege to serve the people of Suffolk in the role of director of public protection and chief fire officer."

Plans for town youth hub moving forward

DEBRA FOX

A MUCH-needed centre for youth services in Haverhill is now one step closer.

The town council's proposal to take over the old police station and magistrates court, on Camps Road, has been approved by Suffolk County Council with further negotiations pending.

The plan was put forward in order to fulfil part of Haverhill's community budget, which saw parents, students and children across the town ask for a community hub dedicated to providing youth services.

The premises are going to be transferred to Haverhill Town Council in lieu of a lease agreement being reached.

Town clerk Will Austin remains hopeful that the building will be gifted to the town council, as with the former Chalkestone School site and the Burton Centre.

Chalkestone was given to Care UK, and will become the new site for Place Court Care Home while the Burton Centre went to St Nicholas Hospice Care.

He said: "We are keen to achieve what the community want to see as soon as possible."

"We want to involve the community in helping with the centre."

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Mr Austin said that the youth hub will also be used to house community groups, as well as providing advice, employment opportunities and information for all of the young people in the town.

Now that a premises has been chosen, work can get under way on making the vision a reality.

He said: "I hope negotiations will be solved by the end of August and I would love to have the centre up and running within three months."

Haverhill was picked as one of 12 pilot locations to try out community budgets, allowing local residents to have more of a say about what money is spent on in the neighbourhood.

They asked for a one-stop shop for

youth services and in June, ONE Haverhill delivered the good news that their dreams would come true.

Newly-elected chair of ONE Haverhill Sarah Howard said: "This is great news for the town, for our young people, and for the Haverhill Community Budget."

"By bringing youth services together under one roof and utilising a building in Haverhill which has been empty for some time is just fantastic news."

"The town council and councillors are to be congratulated on their work which was their pledge for the community budget project and part of our plan to support young people in the town."

The plan was well received throughout the town from the off, and all three of Haverhill's county councillors voiced their support, as did West Suffolk MP Matthew Hancock.

Mr Hancock said: "I'm glad that the county council have approved the plans to sell the old Magistrates' Court. A dedicated youth centre will be great for Haverhill."

"The details of the deal do still need working out, but this is still a major step forward and I hope things will keep moving quickly."

Suffolk County Council's Corporate Property Programme Board held a meeting about the plans on July 30.

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Support your social worker
NOMINATIONS can now be accepted for the Social Worker of the Year awards.
Those who feel their workers have gone the extra mile to support them or their families during difficult times are being encouraged to speak up.
The winners will be announced in November.
To nominate a social worker, please visit www.socialworkawards.com

Corporate cricket returns
AN ANNUAL corporate cricket event will take place on August 15 at Haverhill cricket club. The match will be between a Haverhill XI and an Overseas Pro XI and the guests will be wined and dined with a champagne reception and sit down lunch.
The meal will be hosted by professional comedian Jed Stone and the guest of honour will be ex-England cricketer and current chairman of the England selectors, Geoff Miller, one of the most sought-after speakers on the sport's circuit.
A book on the history of the town's cricket club will also be launched at the event, written by keen local historian Roy Brazier.
Tickets cost £10 for adults and £5 for concessions. Call Haverhill Arts Centre on 01440 714140.

Hail the town's history
HAVERHILL and district local history groups will launch a new exhibition at the town's art centre this month.
The show will exclusively open at 5.30pm on Thursday, August 22 and will explore Haverhill's local history.
Current residents will also be invited to share their own stories and memories of the town during the display.

Spend an evening with a psychic
ENJOY a Friday night with a twist and spend the night with renowned psychic T J Higgs.
The medium will be discussing her new and third book, **True Spirit**, which was released on July 4.
She will be at The Newcroft, Chalkestone Way, Haverhill tomorrow (August 9) for a show.
Tickets cost £15 if pre-booked and £18 on the door, subject to availability.
Doors open at 7pm for a 7.30pm start. Call Jo Spreeton on 075721131585 for tickets.

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TODAY ONLINE



FARM FUN: Children enjoying the sunshine at the school's animal day.

Animal magic at pre-school

PARENTS and children marked the weekend's sunshine with a morning on the farm.
Pigs, sheep, ducks and Shetland ponies were some of the guests of honour at an animal day, held at Little Wonders pre-school Parkway, on School Lane, Haverhill.

The animal event was held at the school on Saturday, August 3, between 10.30am and 12.30pm.
Around 250 people attended the event, and helped to raise £400.
The money will go towards buying new equipment for the nursery, but the

animal day was intended to provide hours of fun for all of Haverhill's children.
There are still places available for the pre-school in September.
Call Kellie on 01440 705800 for more information.
Visit www.littlewondershaverhill.co.uk

Musician's track takes top points in contest

DEBRA FOX

A SELF-made singer and songwriter from Haverhill has another accolade to add to his collection.

Dale Bennett, 21, of Calford Drive, Haverhill, watched his song *Stay Away* sail through to the final of the UK Songwriting contest on Saturday.

The 21-year-old musician, who works at Costa part-time, entered the internationally-rekknowned competition and reached the final of the singer/songwriter category.

Stay Away scored nine out of a possible 10, from the judges, who included Grammy award-winning producer Kipper Eldridge, BRIT Award-winning songwriter and producer Simon Ellis and platinum album artist Natalie Chua.

He said: "It's one of the most meaningful songs that I have written."

"I was going through a bit of a rough time and it turned out it was one of the most popular songs on my album."

Dale released his debut album *Make My Own Breaks* on June 28 this year, despite being elbow deep in a music production degree at University Campus Suffolk.

He penned and performed the eight-track debut himself.

In the first week after release, 150 copies were sold.

The 21-year-old said: "I am trying to get my fingers into a lot of pies, and I'm starting my next album in September and going down an acoustic route, so I can gig it."



MUSICAL: Dale Bennett scored nine points out of a possible 10 in the competitionreached the final.

Dale is also taking part in a 75-hour radio marathon in Haverhill on August 15 (see page 7).

You can get Dale's album through iTunes, Amazon MP3 and many other digital distributors and listen to his songs via www.youtube.com/dalebennettmusic.

Keep up to date with the young musician's latest work by following his Twitter account @DaleBMusic or downloading his free app via www.bandapp.com/dalebennettmusic.

You can also visit his official website at www.dalebennett-music.com

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PROBLEMS SHARED: Residents attending an open-air meeting in Hamlet Road. The Town Council held two weeks of meetings across the town in July.

Summer surgeries solve street level problems

MORE than 300 issues were raised in a series of open air meetings, taken by Haverhill's town councillors.

Members of the public were encouraged to voice their concerns in a series of street surgeries, held between July 8 and July 19.

Town councillors visited a different location every night.

Town clerk Will Austin said that these meetings, which have been held since 2009, give residents the opportunity to talk

about problems that councillors would not come across in a meeting.

Mr Austin said: "We had upwards of 300 issues raised across two weeks, and the meetings were very well attended."

"They were local issues and that's the idea of these meetings. We set up on a street corner and we leaflet the 100 nearest residential properties and they can come and raise their issues."

Mr Austin, who has worked in local

government for 23 years, said that he has never seen any other council carry out street surgeries in order to get close to the community and find out about local problems.

Main topics this year included maintenance of roads and footpaths, litter, traffic and parking problems and anti-social behaviour.

Overgrown trees, lack of facilities for young people and disputes between

neighbours were also recognised as active problems.

The town clerk said: "He said: "Some of the issues reported are not necessarily ones we can fix - they would fall to the borough, county, or housing association. But I can pass these concerns on."

Residents are welcome to suggest suitable venues for 2014 meetings.

Contact Mr Austin on 01440 712858 or email townclerk@haverhill-tc.gov.uk

Pre-school team prepares for arrival of little hedgehogs

PARENTS and friends of a village pre-school have been working hard to get the facilities in order for September.

Hundon Hedgehogs is the new name for the former Hundon Tiddlywinks pre-school, which ran part time from the village's hall.

The new school will open in the same place on September 2 - but with a twist.

Hundon Hedgehogs will have extended opening from 8am until 6pm, five days a week, and also add breakfast and after-school clubs.

The school is currently a feeder facility for the village primary school, but fundraising needs to be done to ensure that Hundon Hedgehogs can remain in the community and provide for parents who could not manage without their support.

Chairman Kelly Mephram said: "Hundon has a wonderful pre-school and an equally lovely primary school, and we hope that our relaunch will encourage families to consider Hundon when deciding where to send their children."

A new website for the pre-school has now also been launched. Visit www.hundonhedgehogs.com for more information.

Vision 2031 'is an ineffective plan'

PLANS which outline Haverhill's development over the next two decades have been shunned by the town council.

The Vision 2031 plans, which detail housing and infrastructure requirements as well as desired changes and revamps, have been written up by St Edmundsbury Borough Council - but they have come under constant scrutiny since release.

The town council's response, which was discussed in the planning committee meeting on Tuesday, July 30, objects to the plans, calling them "not positively prepared, not justified, not effective and not compliant".

The consultation period finishes tomorrow and the plan will now go forward to an inspector.

Town clerk Will Austin said: "At present we are not convinced

DEBRA FOX

that the plans can achieve everything that Haverhill needs."

Haverhill has gone from a population of 5,000 people in 1960 to 27,000. This is expected to have grown by a further 10,000 by 2031.

Despite agreeing that the borough's plans set out sensible objectives to provide housing for a town that will become the same size as Bury St Edmunds, the town council says that changes to the town centre, transport, roads and health need to be made.

There is a strong desire for a rail link between the town and Cambridge, as well as a hospital and a country park.

The dying High Street is also

crying out to be pedestrianised and revitalised with a range of new shops and facilities.

Cllr Tony Brown, who holds the county seat for Haverhill East and Kedington, has been fiercely opposed to the current vision since the beginning.

He has run an online petition alongside the public consultation period and hit the streets to encourage people to get on board and stand up for what they want to see in their town.

He said: "I am 100 per cent behind the town council and they have a lot of the stuff we want to see."

"We will be appealing if a planning inspector doesn't bring forward some of the things that we want. We will fight to the very last to get these things for Haverhill."

Van chase man cleared of dangerous driving

A DRIVER who went the wrong way around a roundabout when he was chasing a van has been found not guilty of dangerous driving.

Salvino Tillet, 25, of Landseer Court, Haverhill, pleaded not guilty and went on trial at Ipswich Crown Court.

He was cleared on Thursday, August 1.

The jury heard that a chase

began on October 29 last year at Tillet's flat.

His Fiat Punto was struck by a white van as he drove from Castle Lane in the town.

The driver of the van, Lee Blackman, 26, sped away from the scene and Tillet followed.

The 25-year-old followed the van through the centre of the town to Tesco, on Cangle Road.

At the Tesco roundabout, Tillet went the wrong way.

During the chase, the pair also went through a gap in a fence and on to a disused railway line.

Tillet admitted chasing the van but denied he had been driving dangerously at the time.

In evidence he said: "It was not my fault."

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We share same vision

Re Vision 2031
After spending the last few days examining the recently-released town council's responses to the Vision 2031 submission draft document and having a talk with the town mayor Roger Andre on Saturday, I am now fully convinced that the town council are now pushing for virtually the same vision for the future of Haverhill as my supporters and I, better health services eventually leading to our own hospital , better transport links leading to a railway or guided busway to Cambridge, improvements to the A1307, a proper museum, more parks and open spaces and an extension to the east town

park. I thoroughly welcome this and their hard work in exposing the Vision 2031 weaknesses in its present form. I will now throw my efforts into supporting the town council in achieving our common goals. Our petition campaign has done a great deal to highlight the Vision 2031 planning document and I would like to thank all the people that helped leaflet, get the message out and most of all, sign up ! As the vision petition has achieved its aim of getting the town to go for a real vision instead of just 4,000 houses with the bare minimum of infrastructure improvements, I will now cease collecting names and submit the petition with my response to the 2031 document this week.

It doesn't end here though, this is just the end of the draft submission phase, we still have the High Street consultation to get our views heard on that important issue, also over the coming months and years we will be fighting for the things that we want as the town is developed at the detailed planning stages, and we will also be continually monitoring the coming developments and plans to make sure that we get the things that Haverhill deserves and challenge the local authorities at every level if we do not think they are delivering. I think with the town council's devastating critique of the draft vision 2031 document very real questions have to be asked of the effectiveness and viability of the Haverhill area working

party. Is it really working for the people of Haverhill or just our masters in Bury? I don't think it is the fault of any one member or individual but as a collective it does not seem fit for purpose and has failed the town. I would strongly urge a re-think on its constitution and terms of reference as its effectiveness in fighting for a better Haverhill seems to be pretty poor. Obviously their ability to take on board local consultation in the decision-making process is weak and also for interested members of the public to be able to speak at their meetings is a must! It should maybe also meet on a more regular basis.

Cllr Tony Brown
county councillor for
Haverhill East and Kedington



BIG HIT: The Mersey Makers played classic Liverpool hits for the crowd.

Picture by Joshua Harris.

Free Mersey music show

CROWDS flocked to Haverhill's market square on Saturday to listen to the sounds of Liverpool.

The Mersey Makers stormed the stage with popular songs from The Beatles, Gerry and the Pacemakers and The Merseybeats.

Visitors in the square were also treated to a taste of classic heart throbs with tribute performances to Michael Bubl  and Tom Jones.

Arts and leisure manager Nick Keeble said: "We've been running these free concerts for some years now and they always go down a storm.

"Bring your whole family, Granny and Grandad included, and soak up the special Haverhill community atmosphere."

The next free concert will take place next weekend on Saturday, August 17, with popstastic acts on the bill.



CLASSIC SOUNDS: The town's music fans also watched tribute performances to Tom Jones and Michael Bubl .

Pictures by Joshua Harris.

Radio presenters' world record bid

DEBRA FOX

STAYING up all night may not seem a big challenge for most 16-year-olds, but two budding radio presenters are adding extra obstacles to their quest

Daniel Bell and Callum Sutton, both 16, are attempting to break the Guinness World Record for the longest team DJ marathon broadcast.

The pair will take over the Days Inn, in Haverhill, for their 75-hour attempt which starts on Tuesday at 6pm.

It is set to finish on Thursday, August 16, at 9pm.

Daniel, of Bumpstead Road, Haverhill, and Callum, of Impington, are not only taking on this marathon to make the record books, but also to raise as much as they can for their chosen charity Help for Heroes.

Daniel said: "We tried to do it last year and do 72 to beat Chris Moyles' record, but we had to be 16 to do it."

"We did it anyway and raised a lot of money but this year we're going for the record and doing 75 hours."

Daniel and Callum did their first live radio broadcast after becoming interested in podcasting in Year 7 at Linton Village College.

Now, the pair have created Ignite Radio, an online radio station that runs 24 hours a day and is aimed at 12 to 20-year-olds.

Daniel said: "Doing the record feels different this time around. I obviously really want to help the charity and that's the main reason we're doing this but getting a Guinness World Record would really be quite amazing."

The team have a strict



RADIO GAGA: Daniel, left, and Callum are trying to break the record.

set of rules to follow for the broadcast, which include that no song can be repeated during a three-hour period, and both presenters must speak in every segment.

Daniel and Callum will start studying radio at

Cambridge Regional College in September.

Visit www.igniteradio.co.nr to hear the show and if you want to make a donation, visit Daniel and Callum's Just Giving page at www.justgiving.com/75hourradio



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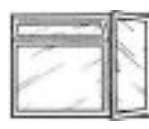
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'Keep your home safe'

JEWELLERY and money were taken from a Haverhill home on the same weekend a second property fell victim to an attempted burglary.

Watches and bank cards were also stolen from the house in Kirtling Place.

This incident occurred between 11:45pm on Friday, August 2, and 6:45am on Saturday, August 3.

Police believe intruders entered the property

through a downstairs window.

A home's rear window, on Withersfield Road in the town, was reportedly used as an attempted entrance for a second burglary.

The culprits failed to get inside, but the attempt was made between 7pm on Saturday, August 3, and Sunday, August 4.

Suffolk Police are urging residents to close, lock and check their doors and

windows before they go out.

Further advice can be found on the Suffolk Police website, www.suffolk.police.uk

Contact Det Con Rebecca Molisso at Bury St Edmunds on 101 about Withersfield Road or Det Con Andrew Day about Kirtling Place.

You can also call Crime-stoppers anonymously with information on 0800 555 111.



Family Announcements
01440 703891

Deaths

DORRINGTON. Clive formerly of Haverhill, died of lymphoma July 26th, 2013 in Australia. He was 64. Clive committed much of his life to community radio in NSW & Victoria, Australia and Haverhill. Donations in memory can be made to Leukaemia & Lymphoma Research <http://leukaemia.org.uk/>

Acknowledgements

SUCKLING. The family wish to thank all those who sent kind messages of sympathy following their sudden bereavement. A special thank you to Reverend Sue Johnston for conducting such a heartfelt service, and also to all those who attended the funeral service and sent such kind donations to Norfolk Zipper Club (Cardiac Patients Association in respect of Papworth Hospital) and Addenbrooke's Trust (Bladder Cancer) in her memory. Please accept this as the only expression of the family's sincere gratitude.



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Pop on the kettle and do your bit

ENJOYING a hot cup of coffee or tea can go a long way to supporting a leading cancer charity.

Macmillan Cancer Support are urging people across Suffolk to join the World's Biggest Coffee morning to help with much-needed funds.

The national event has been running for 22 years, but this year Suffolk alone needs to raise £375,000 to fund the county's services, including specialist nurses and doctors.

Fundraising manager for East Suffolk and Waveney Mandy Jordan said: "The help we provide people with cancer is absolutely essential and we want to be able to give support to everyone who needs it."

To register to host a coffee morning, visit www.macmillan.org.uk/ coffee, call 0845 070 1317 or text CUPCAKE to 70550.

To find a coffee morning in your area call Mandy on 07989 417200.



CUP OF CHEER: Macmillan's mascot, Muggy, helps out at a coffee morning.

Inquests into deaths of two pensioners

THE inquests into the deaths of two Haverhill pensioners took place on Tuesday at Bury St Edmunds.

Suffolk Coroner Dr Peter Dean ruled that 76-year-old John Surridge, of Dunster Drive, died as a result of complications of a head injury which he received in a fall.

The 76-year-old's body was discovered in his home on April 2 this year.

The pensioner had suffered a fall in the street 10 days before his death.

The inquest heard how a female neighbour saw Mr Surridge fall over, but before she could get outside to help he was gone.

When she had not seen the pensioner

DEBRA FOX

for 10 days, she decided to alert the police. Mr Surridge's post-mortem examination, conducted by Dr Sheila Purdy, found that the pensioner, who was a retired security officer, died of a head injury.

Dr Dean added that other neighbours described him as a "loner" and a very private person, and another resident nearby had seen the 76-year-old suffer another fall in the street about two weeks earlier.

A second inquest into the death of

retired plumber Edward Matthews also took place. The 74-year-old pensioner, of Hempstead Road, died in St Nicholas Hospice in Bury St Edmunds after being diagnosed with mesothelioma.

The presence of the condition, which is associated to asbestos, caused Mr Matthews to suffer from chest pain and a shortness of breath.

He was admitted to Addenbrooke's hospital for a chest X-ray before doctors discovered mesothelioma.

He entered the hospice's care on November 12 last year and died on November 26, 2012. Dr Dean recorded a verdict of industrial disease.

Charity golf day in daughter's memory

A FATHER is preparing to remember his daughter by holding an annual event in her name.

Dad-of-two John Vale, 54, has organised a fourth charity golf day at Haverhill Golf Club, on Coupsals Road, to raise money for the Teenage Cancer Trust Unit at Addenbrooke's Hospital, Cambridge and EACH.

Daughter Maggie was suddenly diagnosed with stomach cancer in December 2007, and died in October 2008 when she was 14.

Since Maggie's passing, John has run the London Marathon, raising £10,000 with a friend, and held three other golf

days which all raised more than £2,000.

The 54-year-old said: "I like playing golf and it seems a relatively easy way to raise some money."

"Maggie was an inspiration for the way she handled her illness."

The dad-of-two, who has another daughter Charlotte, 17, explained that Maggie had been complaining about heartburn and went to visit her doctor.

After further tests, they confirmed it was cancer.

John said: "The man who did the biopsy said he hadn't seen anything like it. Her cancer looked like that of a 60-year-old woman."

The 54-year-old said that although the unit at Addenbrooke's was not around to help Maggie, he wants to raise money for a facility that could provide excellent care for any teenager in East Anglia who needs it.

The charity golf day is taking place on September 10 from 1.30pm.

The competition and prize giving will be followed by a two-course meal, a raffle and an auction.

John is appealing for local businesses to get involved and sponsor a hole on the golf course, for a minimum of £20. For more information call the club on 01440 761951.

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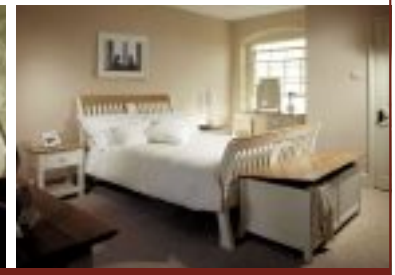
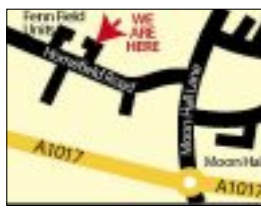


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Flight fan Callum, 15, soars to new heights

DEBRA FOX

A SCHOOLBOY has taken to the skies in an impressive solo gliding flight.

Callum Dray, who attends Samuel Ward Academy, put 12 months of airfield lessons to the test when he attempted his first solo glider flight.

The 15-year-old was airborne for 10 minutes.

Callum, of Marcus Close, Haverhill, said: "I was really nervous at the beginning when I was sitting in the plane getting ready to take off but when I was up there it was quite weird. "I felt like it was complete."

Callum got a taste for gliding when his parents bought him a voucher to attend a session at Essex Gliding Club. He attended his first session in August last year.

Mum Katrina said: "They have just lowered the age limit so he could fly solo before 16."

"As a child he always wanted to be a pilot, but I didn't expect him to love it as much as he did."

Katrina said she had no idea that Callum's solo flight was going to take place.

She got a text from her son hours before, telling her to come to Ridgewell Airfield.

She said: "They kept saying at the club he was close to going solo."

Despite Callum overcoming this big



FLYING SOLO: Callum, 15, aims to become a commercial pilot

step in the gliding world, the work is far from over for the 15-year-old who has dreams of becoming a commercial pilot.

He said: "I will try and get as many badges as I can and I hope to go across

the country and further away from the airfield.

"Probably I will get my own plane in the future."

Visit essexgliding.com for more information about the club.

You can also call the office between Monday and Friday, 9am to 5pm, on (01440) 785103.

Members meet in Ridgewell Airfield, in Sudbury and fly on Saturdays and Sundays.

County says breast is best

MOTHERS across Suffolk have been encouraged to celebrate breastfeeding this week. National Breastfeeding Week, which ended yesterday, aimed to educate women in breastfeeding, as well as helping new mums get to grips with the practice and feel more confident.

Breast milk is uniquely suited for the growing needs of babies, helping to protect them from infections and other diseases.

It also has a list of benefits for mum too, including lowering the risk of breast and ovarian cancer and strengthening bones.

Councillor Alan Murray, Suffolk County Council's cabinet member for health and adult care, said: "I would encourage all new mothers to access the wide range of support that is available to them in Suffolk – from their midwife or health visitor to the Breastfeeding Network itself. Breastfeeding will undoubtedly give their baby the very best start in life."

Visit www.breastfeedingnetwork.org.uk/suffolk.html to find a list of breastfeeding centres in Suffolk and for more information.

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A cool sport on offer for the hot season

IF you're bored of the usual summer exercise, Haverhill's Leisure centre is offering the chance to take up a new hobby.

Yesterday, between 5.30pm and 6pm, visitors to Abbeycroft Leisure, on Ehringhausen Way, had a taste of Nordic Walking in a one-off session held by instructor Kevin Marshall.

The lack of snow-covered slopes in the town was no problem at all as the pastime, invented by Finnish skiers, is a deviation of every day walking exercise.

Participants can use special poles to work their upper body muscles and to help propel them along to a faster walking pace.

Kevin said: "There are many benefits associated with Nordic Walking.

"Anyone can Nordic Walk and use it to reach your fitness goals."

The sport encourages users to work 90 per cent of their major muscles, getting the whole body into shape instead of just the bottom half.

Kevin added: "More effective than just walking or rambling, you use 90 per cent of your major muscles so your upper body gets toned as well as your legs and backside.

"Nordic Walking isn't a soft option either, it is like any exercise the more you put in the more you get out of it. I am always throwing challenges into sessions like timed miles where some reach an impressive 5mph and most can walk over 4mph."

If you visited the taster and fancy a more regular work out, classes on the fitness technique take place weekly on Wednesdays from 6pm until 7pm.

Visit www.aclisure.com for more information or to book your slot.

Tea party is a great blooming success

A CUP of tea and a slice of cake were just the start of one woman's donation in memory of her close friend.

Lesley Clark, of Castle Camps, held a Marie Curie tea party in support of the charity and in remembrance of her friend, Fazer Harrison.

Fazer died of terminal cancer and, as he had no family, relied on Marie Curie heavily for support at the end of his life. Lesley's tea party raised £235 for the cancer charity.

She also held a bake off on the day, which took place on June 15 at the Cockerel Pub in Castle Camps, and auctioned off the cakes.

Lesley said: "Fazer had many friends but no family. He was a stubborn soul who wished to fade away with respect in his own home.

"As was his wishes in his final weeks, the nurses were the only people allowed in his

DEBRA FOX

home. Without Marie Curie's wonderful work he could have not left this life with his pride and dignity."

Hannah Steele, Community Fundraiser for Marie Curie in Cambridge, was touched by Lesley's tribute to her friend.

She said: "Thank you to Lesley for holding a Blooming Great Tea Party in Fazer's memory.

"All the funds raised from Lesley's Blooming Great Tea Party will fund 12 hours of Marie Curie nursing care in Cambridgeshire to provide the same level of hands on nursing care and support Fazer received."

If you want to hold a Blooming Great Tea Party call Hannah on 01604 442316 or email hannah.steele@mariecurie.org.uk for a free tea party pack and more information.



PARTY: Lesley Clark raised more than £200 with her choice of tea and cakes.

Groups urged to make their bids

PROJECTS that support Haverhill's community budget plans can now receive grants for their work.

Groups and organisations that are working towards improving opportunities for young people or helping the physical appearance of the town have the chance to apply for up to £5,000 from ONE Haverhill.

When the board masterminded the town's com-

munity budget, in association with residents, they asked for an all-purpose youth centre and improvements to be made to the streets.

Youth centre premises have recently been secured by Haverhill Town Council, and community ambassadors have been elected to be the eyes and ears of problems in the town, and also make repairs to street damages.

Any projects which can

aid this work can apply for a grant, given to ONE Haverhill by St Edmundsbury Borough Council, until Thursday, September 12.

Newly-elected chair of ONE Haverhill, Sarah Howard, says that for groups to make the grade, they must prove they can be effective in helping the town's youngsters or tidying up Haverhill's appearance.

She said: "ONE Haverhill

has been distributing grants with money made available by St Edmundsbury Borough Council for two years now. But in June we announced that going forward the grant scheme would be aligned to the two priorities in the community budget plan."

For more information about the grant funding criteria and to get an application form visit www.onehaverhill.co.uk/community-grants.

NEWS IN BRIEF

Team solves street problems

A GROUP of neighbours are no longer standing for litter and anti-social behaviour and have taken matters into their own hands.

The Keep It Clean and Safe (KICS) residents association supports Clements Close, Old Clements Lane, Montfort Court, Bedford Court, Beaconsfield Court and Clayhive Drive in Haverhill.

They have been working with the town council and mayor and Havebury Housing.

Those wishing to join the team must be over 18.

If you wish to become a member contact kics.cb9@hotmail.co.uk for an application form and for more information or follow the group on Twitter @KICSCB9

United against cold-calling

MORE than 2,000 households in Suffolk have united against unwanted doorstep callers.

The county has celebrated marking its 50th no cold-calling zone – an area of a road or small group of roads where residents have decided that they do not want unwanted salespeople knocking on their doors.

The zone's are clearly identified by street signage and stickers on householders' doors, in an attempt to empower people to say no to doorstep trading.

Suffolk communities, Neighbourhood Watch co-ordinators and Safer Neighbourhood teams can join forces and nominate locations for no cold calling.

Visit www.suffolk.gov.uk or call 01473 264859.

The four flags fly

ST EDMUNDSBURY has kept all four of its green flags after an annual inspection.

East Town Park, in Haverhill, is one of the facilities to have passed a thorough check to ensure they are up to standard. The check is operated by the Keep Britain Tidy group.

The Abbey Gardens, Nowton Park and West Stow Country Park also took awards.

Cllr Sarah Stamp, St Edmundsbury Borough Council Cabinet member for Heritage, Arts and Culture, said: "I am delighted that we continue to provide such high quality amenities for the hundreds of thousands of visitors who use our parks each year."

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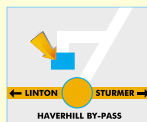
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HAPPY LANDINGS: Lily Bamber with father Jamie, who will make a parachute jump next month to help boost the funds of the Lily Foundation.

Dad prepares for big leap of faith

DEBRA FOX

A LOVING father is keeping it in the family and preparing for a parachute jump in his daughter's honour.

Jamie Bamber, 35, will become the third member of his family to take on a fundraising challenge for the Lily Foundation charity.

The 35-year-old will make a tandem parachute jump at the North London Parachute Centre near March next month.

His wife Michelle, 31, tackled the London Marathon in 2012 and mum Liz, 60, played a marathon game of tennis – including a game with Tim Henman – for six hours.

Between them they have raised £17,000 so far – a total Jamie hopes to substantially boost.

The dad, of Haverhill, explained that the family have been working hard in support of four-and-a-half-year-old daughter Lily, after she was diagnosed with a

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rare blood disease in December 2013.

Jamie said: "She was a normal little girl. She hit all her milestones at the right time and things were progressing really well.

"She started to stumble and we were worried about her."

Lily was referred for further tests before the family discovered that she was suffering from Leighs Disease, a condition which means her blood doesn't produce enough energy to support her actions.

Jamie, whose wife Michelle, 31, is expecting their second child, said: "She's progressing normally like a little girl should, apart from walking.

"She gets quite tired but she's excited to start mainstream school in September."

Lily will join St Clements Primary School, in Haverhill, next month.

Jamie said: "I would love to keep the fundraising going and make £1,000 or even £1,500."

The Lily Foundation was founded in October 2007, following the death of an eight-month old baby who suffered from Mitochondrial Disease.

The family of the baby, also named Lily, wanted to support other parents who may find themselves in the same situation.

To make a donation to Jamie go to www.justgiving.com/jamie-bamber and visit www.thelilyfoundation.org.uk.

New NHS website launched for West Suffolk

A NEW website has been launched for users of the NHS in West Suffolk.

Patients can now find out more about their local health services in just a few clicks and also learn about getting in touch and becoming involved.

The NHS West Suffolk Clinical Commissioning Group, who took over health services in the

county in April this year, launched the site in order to improve communications with the public.

The new facility also allows health professionals to get feedback on the usefulness of the site and how they can help with individual healthcare needs.

David Cripps, a practice manager in Sudbury and member of

the CCG said: "The website also includes the latest health news and details of local events, board papers and strategy documents, as well as healthy living advice.

"We hope this website is a useful resource for everyone in west Suffolk."

Visit the website at www.westsuffolkccg.nhs.uk.



Arevolution Advertising Feature



POPULAR: The Arevolution team at the new Queens Square salon.

Arevolution delight as new salon opens

POPULAR Haverhill beauty sanctuary Arevolution has moved. After seven years, ever-increasing demand for their range of luxurious treatments has led to a need for bigger premises.

Launching their new salon, found at Queens Square in Haverhill, with an open day last Saturday, salon owner Theresa Foddering assures current customers that nothing will change in terms of the selection of services on offer. All of the sought-after treatments – from their advanced nail art and manicures to massage, waxing, lashes, make-up and facials – will continue, but now just in even nicer surroundings for both customers and the friendly team of staff to enjoy.

With Arevolution's speciality manicures and nail art having been featured in a range of magazines, from Company to industry titles, the salon is the ideal place to go to get a glamorous new look for your hands or feet. The team are all trained beauty therapists, and pride themselves on moving with the times, developing new up-to-the-minute treatments and services to fit with customers' changing requirements.

Watch out for their regular monthly special offers too, a chance to pick up a state-of-the-art treatment for a bargain price!

Theresa and her team want to thank the great local companies that have worked with them on the opening of their new

salon. Special thanks go to Cutts & Cousins Carpentry and Building, Ellis Interiors, Sylize and CW Courier Services, Tyson Flooring, David Adkin Photography and Wet Paint Team. Theresa also wants to thank friends and family for their help, without whom none of this would have been possible.

To find out more about Arevolution and their full range of services, visit their website at a-revolution.co.uk, find them on Facebook at [facebook.com/a-revolution.beauty](https://www.facebook.com/a-revolution.beauty) or telephone (01440) 707614.



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FIT AND HEALTHY: Fiona Talbot as she is today. Inset: as she was when she tipped the scales at almost 17 stone.

Fiona fought fat to get fit

IT should have been a photograph to make her smile. Fiona Talbot had just come back from a spa weekend with a group of friends, and one of them had posted a picture on Facebook of them all in their robes. But Fiona, who tipped the scales at nearly 17 stone, couldn't believe what she saw.

"I was just mortified; I don't think I'd realised how bad it was," says the 41-year-old, who lives in Ely. "I thought 'Oh my God, is that me? Is that what I look like?' And then I had this light bulb moment. I thought 'I've got to do something about it'."

Originally from Melbourne in Australia, weight had never been a problem for Fiona. A keen skier, she was active and healthy until she moved to the UK 13 years ago with her husband Aaron, and had her children, Austin, now nearly 7, and Aiden, 4.

"It was a change in lifestyle, and my weight started to creep up," she recalls. "I had children, and I was working hard: it's that classic 'mother syndrome', I didn't have any time for myself and I just let myself go."

Part of the problem for Fiona, who owns the Castle Hotel in Ely as well as a portfolio of rental properties, was finding time to eat properly. "My eating habits were really bad," she admits. "I'd get up and have toast, and then at about 1 o'clock I'd have a Pot Noodle, if anything, then in the afternoon I'd have a chocolate bar or a bag of crisps. And then at 9.30 I'd be having all my calories: a Chinese takeaway and a bottle of wine."

"I'd been two stone overweight for six years, and then I escalated to five stone overweight. I hit a lifetime high, basically. I was so big."

Fiona's size was beginning to impact

Almost exactly a year ago, Fiona Talbot saw a photograph of herself that shocked her into losing weight and getting healthy. She's since shed nearly five stone, run the London Marathon – and changed her life in the process. Here she talks to Emma Higginbotham.

on her life in more ways than one: "I'd been going to the doctor because I hadn't been sleeping well; when you get really big you get a lot of fat round your neck, and you're not breathing properly when you're asleep. Also there is a stereotype that if you're big, people think you're lazy. I'm a workaholic – but people wouldn't take me as seriously."

She shared her thoughts with a friend, "and she said 'I know a guy who's a personal trainer, why don't you give him a call?' I thought 'I can't have a personal trainer, that's what fit people do!' But she sang his praises, so I emailed him."

Fiona and James Nicholson met up, and he suggested that they train three mornings a week. To begin with it was tough: "When you first get started you feel really awkward in your own body," says Fiona. "I could barely even find any exercise clothes. I remember going to a sports shop and I was an Extra Large, but it's all for thin girls. That was a bit upsetting."

"And on the first day we trained, James put a weight vest on me and it wouldn't even do up! I was so embarrassed, but he just laughed it off. He's such a great guy."

They started slowly: "I was so unfit I used to say I was like his dog – he would walk me round Cherry Hill Park in Ely. But he was so encouraging, and we spent the summer working hard."

James also introduced Fiona to the Zone and Palaeolithic (Palaeo) diets, which are popular among athletes. "Palaeo is eating how our ancestors ate," explains Fiona. "They say if you can't hunt it, fish it or pick it, you shouldn't eat it. So it's meat, berries, fish, nuts – no grains. It's how we're genetically programmed to eat – like a caveman! And the Zone is a way of measuring it. It's a bit less strict – you can have dairy, which you can't have when you're doing pure palaeo."

Fiona was an instant convert: "It super-charged the exercise that I was doing. I call it my food religion: it's like finding religion in your diet, which sounds a bit sad! But it made sense." Is there anything she misses? "Not really. Probably crisps. And maybe wine," she adds with a smile. "I do drink, but I have gin and tonic."

James took Fiona through all manner of training, from weight work and running to boxing, which she loves. "I

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LIFE CHANGES: Fiona as she is today and inset at the London Marathon finish with sons Austin, left, and Aiden.

used to wait at the park for him, and when I'd see him coming, if he'd got nothing with him, I'd be like 'Oh no, I'm running today!' If he came with boxing gloves it would be like 'Yay! We're boxing!' Running, you see, was never a favourite: "and when I say running, it wasn't very far. I'd run to the top of the hill and feel like I was dying!"

Happily, the weight soon began to drop off: "I was losing one to two pounds a week, right from the get-go. Then you have these little moments when you realise 'Oh, my shorts are slipping down a bit, I'm not an XL any more'. That kind of feeling is always good. And people started noticing: they'd say 'Every time I see you, you look like you've lost weight.'"

As they trained, James occasionally chatted about his experiences running the London Marathon in 2012, but it never occurred to Fiona to even consider it. "I always thought it's beyond my reach. I never ever thought I could do it – I was obese."

"Then in September James went away for a week, and I Googled 'how to lose weight and get fit', and the number one that came up was running. At that stage I was getting fitter, but couldn't run for more than five minutes. But I thought I'd give it a go."

To her surprise, Fiona found she had more stamina than she thought, and decided to sign up for the Ely Festive Fun Run being held in November. "It was three miles, and I was thinking 'Can I run three miles? What the heck!'" She completed it in an admirable 29 minutes 44.

"Then by the following week I had lost three stone, and as a challenge I thought I'd go out and see how many times I could do the Fun Run route, and I did it four times around. So I knew I was able to do a half marathon, and that's when I started thinking about doing the London Marathon."

"I thought that to come from the obese person in the park to doing the London Marathon would be a good challenge."

Fiona duly secured a place with deaf blind charity Sense, but wasn't exactly overwhelmed by people's reactions when she told them. "Because a really young, fit pretty girl had died the year before, I did get a bit of a backlash. Some people said 'Are you kidding?!'; probably three people said to me I was too overweight to do it, which was a little bit hurtful."

"They said they were worried about my heart. But I never took that in. I knew what I was doing."

Most importantly, her family were nothing but supportive: "My boys were really proud of me," she recalls. "When I was training, sometimes my husband would put them in the car and drive

past so they could wave at me while I was running."

"When you're losing weight, particularly if you're a mum, it's so important to have people around you to help you."

Unfortunately two muscular injuries put Fiona out of action when she should have been training, "which was awful," she says. "So for three weeks up to the marathon day I hadn't run. I was in gate nine of nine, next to a guy in a tiger costume – and I was thinking 'Can I do this?'"

"And then I thought 'I'm already winning!' At that point I'd lost four stone. And I did it in 5 hours 29 minutes."

Fiona hasn't looked back since. She still trains with James five days a week and regularly goes to the CrossFit strengthening and conditioning gym in Milton, as well as running and cycling.

Do people ever say she trains too much? "Yeah, I get that. For an outsider it probably looks like too much, but I enjoy it."

"It's empowering," she adds. "I need to be a healthy mother. I'm no good to them if I arrive home an hour earlier but I've got no energy, I'm tired all the time, and grumpy. As a working mum, trying to do it all and take care of yourself – it's hard to find a formula. But I've finally found something that works. And I don't tend to do things at the weekend; Sunday is my boy day."

And what would her advice be to others who might be overweight? "I like the personal trainer route, but I appreciate not everybody can afford it, so find a good trainer who may be running a class, and join that class."

"If you've got absolutely no money you can just get out on the streets! Walking and running don't cost anything. Everybody should look after their health regardless of whether they're rich or poor."

The only way is up for Fiona, who's now a svelte 12 stone 6lbs. Businesswise she's about to buy Deans, the sports bar in Ely, and has already signed up for next year's London Marathon. And, she says, becoming fit and healthy has changed her life. "Definitely. I won't ever go back to the way I was."

"I still have weight to lose – I don't feel like I'm the 'after' yet, I'm still in progress. But in some ways it's the best thing that ever happened to me, because now I realise how important it is to be healthy and fit."

"You just don't know what carrying around all that excess weight is doing to your system internally," she adds. "I see overweight people now and think you can do it too! Just get that switch to come on"

■ For more information about James Nicholson, visit urbanworkout.co.uk

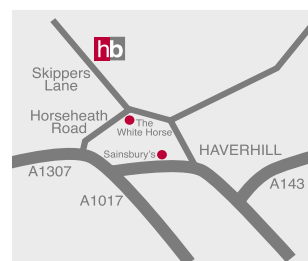
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HONOUR: Dr Rob Norton, inductee to the United States Martial Arts Hall of Fame.

Martial artist Rob joins the greats

INDUCTION into the United States Martial Arts Hall of Fame is an honour given to only the best of the best.

One Haverhill martial artist had his dreams come true as he made the step into the upper tier on July 20.

Rob Norton, formerly of Cambridge Close, Haverhill, is the founder of Shoto-Chi Martial Arts, a discipline he started to develop at the age of 17.

Rob, 40, who lived in

DEBRA FOX

Haverhill until he was 28, started working on Shoto-Chi initially in 1990 as a form of karate, but it became recognised as a separate martial art in 1999.

He was awarded grand master status earlier this year after completing a Ph.D in martial science, but when living in Haverhill he used his knowledge to open Shoto-Chi clubs, holding sessions across the town

and also in Waterbeach.

He moved to Canada in 2001, and was inducted to the United States Martial Arts Hall of Fame in Phoenix, Arizona.

The grand master said: "It's a great honour, and it's certainly not something that happens very often, and for a British Canadian to get inducted into the US is even more unheard of."

Visit www.shoto-chi.com for more information or search Shoto-Chi Martial Arts on Facebook.

Teens help the heroes

TEENAGERS put their heads together and raised more than £500 for the country's soldiers.

A group of 16 and 17-year-olds from Haverhill and Sudbury organised a charity fun day, art exhibition and tasty barbecue to raise money and awareness for Help for Heroes.

The teens took part in the project during their participation on National Citizen Service, a government-run voluntary scheme.

Team leader Jo Kindred said: "We have

raised over £500 and the project has been a real success. Watching everyone grow in confidence and in life skills has been an absolute pleasure."

Haverhill's Town Mayor, Cllr Roger André, opened the exhibition at the town's ex-serviceman's club on July 27.

The teens who took part in the NCS four-week scheme have also enjoyed skills workshops and outdoor adventures.

Visit www.ncseast.co.uk and find out how to get involved.



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PUTTING THEIR BEST FOOT FOWARD: The friends of Denise Griffin, who raised more than £3,000 for St Nicholas Hospice Care.

Patient inspires fundraising feat

A PRISON worker has inspired her friends and colleagues to raise thousands of pounds for hospice care.

Denise Griffin, 57, of Haverhill, was diagnosed with bone cancer in December 2010 and has since paid regular visits to St Nicholas Hospice Care in Bury St Edmunds.

The 57-year-old, a civilian administrator at Highpoint, led a team of 17 people to the hospice on July 31 to hand over

the £3,007.05 raised by the group during Suffolk's Walking Festival.

Denise said: "It all stemmed from when I had my first round of chemotherapy in April. It went a bit wrong and I ended up in hospital.

"At that time some family, friends and colleagues decided they wanted to do something to support me, and found the walk in aid of the Hospice."

The team's fundraising total

was boosted by the Prison Service Charity Fund, who gave £1,210.

She said: "Before I came to the Hospice I think I thought it would be solemn, or that you would have to be quiet there. It's not like that at all – it feels like a community.

"There is always someone there who will find time to talk to you."

Visit www.justgiving.com/denisegriffin.

New comfort for cancer patients

BY LIZZY BUCHAN

editorial@haverhillweeklynews.co.uk

BREAST cancer patients will receive "more comfortable, convenient" treatment at a hospital thanks to a generous bequest.

The new integrated breast unit at West Suffolk Hospital (WSH) has been funded by a £240,000 legacy left to the hospital's Friends group, to improve patient experience.

Previously the service was split between two different parts of the hospital, with patients attending outpatients for clinical assessments before they were escorted to the imaging department for ultrasounds or mammograms.

The new unit means they can

undergo assessments and diagnostic tests in one place.

Andrea Pryor, clinical services manager for breast care, said: "We are delighted with the new breast unit, and are pleased the first patients are now starting to benefit from the convenience it offers. Moving both assessment and tests into one place will save time, as well as reducing the need for patients to keep changing in and out of hospital gowns.

"It also makes it much easier for our doctors and nurses to share information."

As part of the project, a new

waiting area and four clinic rooms have been created, as well as one quiet room, which gives patients who have just been diagnosed the chance to spend time in private with the breast care nurses.

Eamonn Coveney, consultant breast surgeon, said: "The unit will allow us to offer a more comfortable, convenient service which provides greater levels of privacy. As well as bringing benefits to patients, it has also allowed us to free up around four outpatient clinic rooms for use by other specialities."

For more information on the Friends of WSH go to friendsofsh.org.uk.

What do YOU think?

Email us at editorial@haverhillweeklynews.co.uk or visit www.haverhillweeklynews.co.uk

Remember 'the most hated' in a one-off show

ACTOR Shane Morgan is hitting the nail on the head, and dedicating a show to Haverhill's lack of railway links.

The actor is getting ready to hit the stage with a Wikipedia-like performance on the life of the country's "most hated civil servant", Richard Beeching.

The show features an all-star cast of characters played by one determined performer.

Dr Beeching was appointed chairman of the new British Railways Board in June 1961.

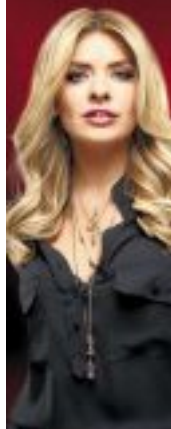
He made a report on Britain's railway facilities, and following his revelations, a third of the

country's 7,000 stations were closed.

The show is at the Haverhill Arts Centre on September 13, starting at 8pm. Tickets are £8 for adults and £6.

To book go to www.haverhillartscentre.co.uk or call 01440 714140.

TV Week



7-day guide with great interviews - every weekend in the Cambridge News

**Friday, Saturday & Sunday
August 9th, 10th & 11th**
Sandringham Craft Sculpture & Art Fair

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Provide a showcase for Artists & Designers to promote their own individual handmade work, Ceramics, Art Glass, Jewellery, Wood, Metal, Textiles.

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The International Chainsaw Competition

Twelve top class carvers will be competing in classic and speed carving competitions.

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Taking a bow

ROBIN Hood will be bursting onto the stage for this year's festive treat at Cambridge Arts Theatre – for the first time in nearly 50 years!

Expect more fun, magic, silliness and laughter than ever before between December 5 and January 12 as many of the creative team from last year's phenomenally successful Jack and the Beanstalk will be reunited for this year's production.

But the Arts Theatre's new autumn season starts with a trilogy of plays about Henry VI (September 17 – 21) from Shakespeare's Globe on Tour. This is a rare opportunity to see all three parts (Harry the Sixth - part one, The Houses of York and Lancaster - part two and The True Tragedy of the Duke of York - part three) in one week.

The Arts Theatre will also play host to the work of some of the country's finest theatrical talent this autumn.

The Duck House (November 18 – 23) with Cambridge University Alumnus Ben Miller (Armstrong and Miller) is a sharply observed comedy from the writers behind hit shows Have I got News for You and Mock the Week.

The Private Ear and The Public Eye (October 21 – 26) are two, intimate, one-act plays from Peter Shaffer, creative genius behind the hugely successful Equus and Amadeus.

Fallen Angels (September 23 – 28) starring Jenny Seagrove (Judge John Deed) and Olivier Award-winner Sara Crowe (Private Lives) is one of Noël Coward's most sharply observed comic masterpieces.

Younger patrons will enjoy two adaptations of

classic children's books.

Roald Dahl's James and the Giant Peach (October 29 – November 2) will be brought to life with the help of music and puppetry.

The Butterfly Lion (September 30 – October 5) is a delightful re-working of the popular children's story from the author Michael Morpurgo, whose novel War Horse has become one of the most successful adaptations of all-time.

There are also three musical offerings: Opera Della Luna present a fresh and inventive version of Gilbert and Sullivan's The Mikado (October 8 – 12); CaOS will bring the enchanting music and lyrics of Rodger and Hammerstein to life with their production of South Pacific (November 26 – 30) and Save the Last dance For Me (November 4 – 9) returns to Cambridge by popular demand, featuring magical mix of musical hits.

From the swinging sixties to Ancient Greece, the Cambridge Greek Play will make its triennial appearance with a double bill of Prometheus and The Frogs (October 16 – 19).

English Touring Opera is another returning favourite, this autumn they will present three baroque Venetian operas, Monteverdi's The Coronation of Poppea (November 14), Handel's Agrippina (November 15 and 16) and Cavalli's Jason (November 13).

The For one Night Only season will continue with two very different yet equally entertaining offerings: Grammy-nominated singer Stacey Kent (November 10) returns this autumn with a selection of tracks from her impressive back-catalogue and new album and Clive Francis (The Reluctant Debutante, The Hypochondriac)

the GUIDE

QUACKERS: Ben Miller in the Duck House coming to the Arts Theatre in November



stars in his one-man-show of Charles Dickens' A Christmas Carol (November 17).

■ Tickets for the new season at Cambridge Arts Theatre are from £12.50 plus £2.50 booking fee. Call the Box Office on 01223 503333 or book online at www.cambridgeartstheatre.com

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Last night glitz

Katherine Jenkins brings glitz and glam to Audley End's Last Night of the Proms on Sunday. Louise Cummings caught up with the opera sensation to talk fame, marathon-running and her critics

SHE exudes girlish beauty, is incredibly talented, has entertained troops in Iraq and Afghanistan and raised a staggering £30,000 for Macmillan Cancer Support, running the London Marathon in memory of her late father. Yet recently, Welsh mezzo soprano Katherine Jenkins has enjoyed a worse press than Chris Brown, Alex Reid. . . Oh and JLo when she briefly hooked up with Ben Affleck.

First off there was the damning report that she'd been dropped from her label over her £1,500-a-day 'diva demands'. Daily Mail columnist Jan Moir stuck the knife in next by haranguing the poor lass for apparently running the London Marathon in full make-up (err, so what?). And the latest vulture is Apprentice nobody Katie Hopkins, who accused Katherine of becoming a hate figure among her female peers for being 'too perfect'. Sounds like someone is trying to fuel their flagging career.

Having interviewed Katherine four times now, I'd like to break with the norm by telling you she is utterly charming and funny (she was in her pyjamas and make-up-free for our interview). If you don't believe me, head to Audley End on Sunday, when the classical songbird is headlining the Last Night of the Proms with the National Symphony Orchestra. I'm sure you'll find her sweet and endearing.

You're becoming a bit of a regular fixture at Audley End's Last Night of the Proms aren't you?

I honestly absolutely love it. It's such a beautiful setting and with the Spitfire fly-over too, it's an amazing atmosphere and very moving. I often think I'd quite like to be sitting in the crowd and getting into the swing of it instead of being on stage!



Let's talk fashion; can we expect you to be rocking out some seriously glamorous frocks for Audley End?

I usually have about four dress changes in a concert. I'm such a girly girl that I love that side of things and I keep all my dresses in a special room at home; it's like a girl's heaven! I honestly don't know how many I've got in there;

maybe hundreds and they're all hand-made.

Your known for being glamorous, but do you ever dress down?

I love having a day when I've got my skinny jeans on and my hair scraped back in a ponytail and absolutely no make-up. I think those kind of days are essential just to give your skin a rest and feel natural.

You ran the London marathon in April. How did you find it?

I'm not going to lie to you, it was hard! I don't think I really appreciated how much of an effort it was going to be. I was on a European tour at the time so I'd be running 18 miles round my local park in the snow and then getting on a plane to Germany and singing a full concert that night in Hamburg; it was absolutely mental!

Daily Mail columnist Jan Moir had a pop at you for running the marathon looking 'too flawless' in full make-up. You must have been peeved?

To put it politely, yes! I saw the article and I was still in pain, having to walk down the stairs backwards; it was only two days after and I really didn't want to be knocked by someone. I ran the marathon in memory of my dad to raise money for Macmillan Cancer Support who helped him when he was dying, and I felt that it was wrong for my motives to be questioned. It irritates me when women don't back each other up.

Is there anything you can tell our readers about yourself that might come as a surprise?

I am a little bit of a Tudor history geek! I reckon if I was going on Mastermind that would be my specialist subject. I'm absolutely fascinated by it. So if singing doesn't work out I could be one of the historians on those documentaries!

■ **Katherine Jenkins performs at Audley End House and Gardens on Sunday. Find out more at www.audleyendconcerts.com**

films

nowshowing

HAVERHILL Cineworld

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Kick-Ass 2 (15): Wed-Thu 3.40, 6.20, 9

2 Guns - Unlimited Card Screening (15): Mon 8.30

The Lone Ranger (12A): Fri-Thu 10.30am, 1.50, 5.10, 8.30

Alan Partridge : Alpha Papa (15): Fri-Thu 6.30, 8.50

Percy Jackson : Sea Of Monsters [3D] (PG): Fri-Thu 3.20

Percy Jackson : Sea Of Monsters (PG): Fri-Mon 12.40, 6; Tues 12.40, 6.20; Wed-Thu 10.10am, 12.40, 6

The Heat (15): Fri-Tues 5.20 (subtitles Mon)

The Smurfs 2 (U): Fri-Thu 10.40am (subtitles Wed) 1.20, 4

The Conjuring (15): Fri-Mon 6.20, 8.40; Tues 9; Wed-Thu 8.40

Red 2 (12A): Fri-Thu 9 (subtitles Thu)

The Wolverine (12A): Fri-Sun 8.10; Tues 8.10 (subtitles)

Monsters University (U): Fri 10.20am, 1, 3.40; Sat 1, 3.40; Sun-Thu 10.20am, 1, 3.40

Despicable Me 2 (U): Fri-Tues 12.20, 2.50 (subtitles Fri); Wed-Thu 10.40am, 1.05

Movies for juniors

Ice Age 4 : Continental Drift [3D] (U): Sat 10am

Ice Age 4 : Continental Drift (U): Sat 10.15am

Epic (U): Sat 10.10am

David Bowie Is Happening Now (12A Live): Tues 7

The Heat (15) - 2D: Wed-Thu 6.20

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Epic (U): Mon 2.30

Populaire (12A): Mon 7.45

David Bowie Is Happening Now (tbc): Tues 7

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Kick-Ass 2 (15): Wed-Thu 10.45am, 1.20, 4, 6.40, 9.20

The Lone Ranger (12A): Fri-Thu 10.30am, 1.50, 5.10, 8.30

Alan Partridge : Alpha Papa (15): Fri-Sat 11.20am, 1.40, 4, 6.20, 8.40, 10.50; Sun-Thu 11.20am, 1.40, 4, 6.20, 8.40

Percy Jackson : Sea Of Monsters [3D] (PG): Fri-Thu 12.30, 6.10

Percy Jackson : Sea Of Monsters (PG): Fri-Thu 3.15, 8.45

The Heat (15): Fri-Sun 7, 9.30; Mon 5.30; Tues 9.20; Wed-Thu 7

Grown Ups 2 (12A): Fri 10.40am, 1, 3.30, 6, 8.20, 10.20; Sat 1, 3.30, 6, 8.20, 10.20; Sun-Thu 1, 3.30, 6, 8.20

The Smurfs 2 [3D] (U): Fri-Tues 10am, 12.40, 3.20, 5.45

The Smurfs 2 (U): Fri 11.40am, 2.20; Sat 12.10, 2.35; Sun-Tues 11.40am, 2.20; Wed-Thu 11.40am, 2.20, 5

The Conjuring (15): Fri-Sat 6.30, 9.15, 10.40; Sun-Thu 6.30, 9.15

Red 2 (12A): Fri-Tues 5, 7.45; Wed-Thu 7.45

The Wolverine (12A): Fri-Tues 8.10;

Wed-Thu 9.30

The World's End (15): Fri-Sat 10.50

Monsters University (U): Fri-Thu 10.15am, 1.10, 3.50

Despicable Me 2 (U): Fri-Sun 12.10, 2.30, 4.50; Mon 12.30, 3; Tues 12noon, 2.15, 4.30; Wed-Thu 12.10, 2.30, 4.50 (subtitles Thu)

Movies for juniors

Ice Age 4 : Continental Drift [3D] (U): Fri-Thu 10am

Ice Age 4 : Continental Drift (U): Fri-Thu 10am

Epic (U): Sat 10.10am

The Croods (U): Sat 10am

David Bowie Is Happening Now (12A Live): Tues 7

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Alan Partridge: Alpha Papa (15): Fri-Thu 11.30am, 2, 5.30, 8

Foxfire (15): Fri 2.15, 5.15; Sat 1.45, 4.45; Sun 12.45, 7.30; Mon 7.30; Tues 12noon, 3.45; Wed 2, 5.15; Thu 1.45, 5

Wadjda (PG): Sat 8.15

Red 2 (12A): Fri 8.30; Wed 8.30

Despicable Me 2 (U): Fri 11.45am; Mon 11.30am

Monsters University (U): Wed 11.15am

The Taking Of Pelham 123 (1974) (15): Mon 2

The Globe: The Taming Of The Shrew (no cert): Sun 4

Picturehouse Pythons, Kids Club: Ernest & Clementine (U): Sat 11am

Toddler Time: Masha (U): Tues 11am

film of the week

THE LONE RANGER

certificate 12A, 2h29m

IT'S "Hi-ho, Silver, away!" for Gore Verbinski and Johnny Depp, director and Oscar nominated star of the *Pirates Of The Caribbean* saga, who reunite for this rootin' tootin' reinvention of the masked avenger.

The Lone Ranger began life as a radio series in the early 1930s and captured the imagination of listeners across America. The title character, who rode the plains searching for truth and justice in the company of his Native American sidekick Tonto, inspired a spin-off series and then galloped from the big to the small screen as a long-running TV series starring Clayton Moore and John Hart.

Verbinski's lavish romp spares no expense in terms of spectacle, including two outrageous set pieces aboard moving trains that are a thrilling combination of old-fashioned stunt work and pyrotechnics.

While the title of the film may be The Lone Ranger, this is Depp's show and once again he is given carte



blanche to conjure a quixotic, comic creation out of the ether. His Tonto lassos all of the best lines and is involved in the most thrilling daredevil action.

A framing device set in 1933 San Francisco confirms his star billing. A Native American mannequin (Depp) magically comes to life in order to recount the story of the Lone Ranger to a wide-eyed boy (Mason Cook).

The Lone Ranger is an

Falcons drop in to see Meat Loaf

NEWMARKET Racecourses has teamed-up with the RAF Falcons to offer two lucky winners a sky dive training session with the team.

The world-class British military parachute display team will be 'dropping' in on Newmarket's July Course from 10,000 feet on Friday August 16, ahead of the evening's horse racing and open air concert with Meat Loaf for the finale of this year's Adnams Newmarket Nights.

Everyone who buys a ticket for the Grandstand and Paddock enclosure for the concert before midnight tomorrow will be entered into the free draw to win the experience of a lifetime with the RAF Falcons. The two lucky winners will be chosen at random by the elite parachute squad on the evening.

The sky dive training session will take place during November in Europe's largest vertical wind tunnel, located in Bedfordshire.

Grandstand and Paddock tickets to see Meat Loaf taking to the stage and bidding farewell to his touring days cost £45. Visit www.newmarketracecourses.co.uk or call 0844 579 3010.

entertaining action adventure, distinguished by Depp's theatrics and Bojan Bazelli's stunning cinematography. The west has seldom looked so splendidly wild and rugged.

Unquestionably the 149-minute running time will leave audiences feeling saddle-sore and the film noticeably drags its spurs in the middle section. However, when it comes to the action, Verbinski's film delivers at a canter.

Keeping a cool head

OUR SWELTERING July probably prompted many gardeners to reach for the hosepipe. In fact, according to The Royal Horticultural Society (RHS), less than 3% of the annual water consumption of an average household is estimated to be from garden use, but at peak demand times as much as 70% of water supplied may be used in gardens.

This doesn't have to be the case though. Rainwater collected in water butts, waste water from the kitchen and grey water from the bathroom can all be used to water plants.

Or, maybe, the ultimate solution is simply to create a garden that doesn't need much watering in the first place.

This doesn't mean creating a desert garden devoid of colour. Dramatic flowerbeds can easily be achieved from plants that have very low moisture and maintenance demands. Many drought-resistant plants naturally form communities of plants which all thrive in the same conditions and come from similar Mediterranean habitats.

At the front of the border you could have dwarf lavender, Sedum spectabile, lamb's ears and

ornamental grass such as stipa tenuissima, while middle-sized drought-resistant plants include Echinacea purpurea 'Magnus', Erysimum 'Bowles Mauve' (wallflower), Russian sage and Nepeta 'Six Hills Giant' (catmint, pictured).

At the back of the border you could use species more than 1.8m tall, including Cotinus coggygria 'Royal Purple', Choisya ternata (Mexican orange blossom) and Trachelospermum jasminoides.

Most drought-tolerant plants will have either aromatic leaves, fleshy and succulent leaves (which store moisture for dry spells), grey leaves, hairy leaves (which shade themselves with their own hairs), long narrow leaves (which are good at shedding heat without water), or spikes (which act as 'fins' to cool the plant).

The RHS offers these extra tips to create a more drought-resistant, but still attractive, garden:

- Cultivate the soil deeply and dig in large quantities of organic matter to improve soil structure, water retention and water availability for plants.
- Well-rotted garden compost, mushroom compost, composted bark and well-rotted farmyard



by Hannah Stephenson

manure are all suitable forms of organic matter. Heavy manuring can add nearly a month's worth of water storage capacity to the soil. Loam-based potting compost doesn't dry out as quickly as peat-free composts. If using peat-free, water-retaining gels might have some benefit.

■ Apply sufficient fertiliser as plants use water most efficiently where nutrient levels are adequate. But do not apply too much fertiliser to the soil, as this can encourage too much lush growth which can flop in summer, requiring extra watering and becoming frost-damaged in winter.

■ Choose plants with grey-green or silver leaves as they reflect the sun's rays, helping to conserve moisture within the plant tissues.

■ Try to choose plants which suit the site's soil type and aspect. They will be more tolerant of varying climatic conditions as well as of pest and disease problems.

■ Plant things while they are still small. They will develop much greater resilience as they adapt to their conditions from a young age. Ideally plant in autumn so they can do some growing before dry weather arrives.

■ If planting Mediterranean plants, do so in spring when the soil is warming up. Many of these plants will suffer from root-rot if planted in autumn and become cold and damp over winter.

■ Before planting, thoroughly soak the plants in their pots in a bucket of water until the bubbles stop rising to the surface.

■ Thoroughly water in all new plants (and keep them watered in the first season after planting to ensure they establish well). Once established, they will become much more drought tolerant.

■ After planting, mulch the bed with 5-7.5cm (2-3in) of gravel or, even better, a layer of compost or straw covered with gravel, to help retain moisture while the plants establish.

■ You may decide to go without a lawn in your drought-friendly garden, but if not, you'll be pleased to know that lawns are surprisingly drought tolerant and usually recover well in the autumn rains even if they have been brown and parched most of the summer. Lawn irrigation should rarely be required, if at all, to keep the grass healthy.

■ For more information, visit www.rhs.org.uk

puzzles

ACROSS

1. Cascades when the tide subsides (10)
7. Is embodied in one strange sound (5)
8. Given a current service and presented with the bill (7)
10. Indecisive as to this neat arrangement (8)
11. Get a number put down the wrong way (4)
13. He doesn't conserve liquid about the beginning of summer (6)
15. The size of what can no longer be used by campers? (6)
17. Journey for one who goes to pot (4)
18. Those engaged in this sort of exploration may go to bed! (8)
- 21 and 12Dn. Overheads incurred by track athletes? (7,8)
22. A sudden movement to begin with (5)
23. The results of their efforts may be seen at playtime (10)

DOWN

1. Woeful cries from the country can be heard (5)

6		8			3		1	
				7			3	9
	2	3		6		7		
		1			9		2	
3	6		5		4		9	
	4		7			5		3
		6				9	8	
8				1	6			
	9					1		6

crossword

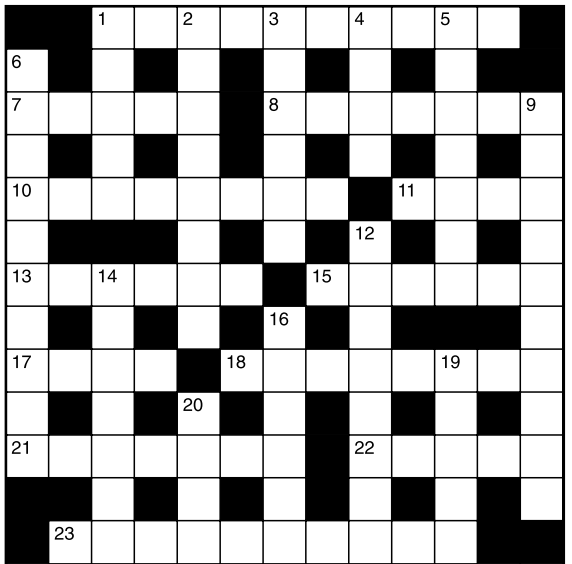
2. Venue for the works of 23 (8)
3. Make a renunciation about a piece of hypocrisy (6)
4. See 19 Down.
5. The last of the fuel to catch fire (7)
6. Where to find those who are having a row (2,3,5)
9. It nettled a wayward dabbler in the arts (10)
12. See 21 Across.
14. Revolver found in the cotton-mill (7)
16. One entitled to get moved on the board (6)
- 19 and 4Dn. Doesn't attend when supports are withdrawn (5,4)
20. It's held in camera, but may be seen by the public (4)

Last week's answers: Across: 6 Ransack; 7 Impel; 9 Age; 10 Endear-ing; 12 Electricity; 15 Copywriters; 17 Bagatelle; 19 Opt; 21 Cover; 22 Gas ring. Down: 1 Range; 2 Ash; 3 Scan; 4 Embracery; 5 Reunite; 8 Secret; 11 Playmates; 13 Carves; 14 Rotator; 16 Spans; 18 Lead; 20 Fry.

sudoku

Last week's answer:

9	8	3	7	1	6	4	5	2
5	7	2	9	4	8	3	6	1
1	4	6	2	3	5	7	9	8
7	1	4	8	2	9	6	3	5
6	2	5	4	7	3	8	1	9
8	3	9	5	6	1	2	4	7
2	6	1	3	9	7	5	8	4
3	5	7	1	8	4	9	2	6
4	9	8	6	5	2	1	7	3



Each number from 1 to 9 represents a different letter. Solve the clues and insert the letters in the appropriate squares to discover a word which uses all nine letters

niner

1	2	3	4	5	6	7	8	9
---	---	---	---	---	---	---	---	---

The clues

4548
1768
973928

gives a prime minister
gives a biblical character
gives a strong man

Last week's answer:
DEVOURING

haverhill artscentre

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www.haverhillartscentre.co.uk
Tuesday 13 August • 2pm
Sealegs Puppet Theatre present
The Selfish Giant •

Tuesday 13 August • 7pm
David Bowie is
Happening Now

Wednesday 28 August • 11am, 2pm
JWS Present
The Pirates of Dinosaur
Island

Saturday 7 September • 8pm
The Twilight Shadows

Friday 13th September • 8pm
The Misunderstood
Dr Beeching

Wednesday 25 September • 7.30pm
Townsend Productions present
We Will Be Free

Thursday 26 September • 7pm
Live from the National Theatre
Othello

CINEMA

Monday 12 August
Epic (U) • 2.30pm
Populaire (12A) • 7.45pm

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the GUIDE SATURDAY

BBC1

6.00am Athletics: World Championships. Live coverage of the opening day at the Luzhniki Stadium in Moscow. 9.30 Saturday Kitchen Best Bites. 11.00 BBC News; Regional News; Weather. 11.15 Athletics: World Championships. Continued live coverage of the opening day at the Luzhniki Stadium in Moscow.

6.30pm BBC News; Regional News; Weather.

6.45 That Puppet Game Show. 7.30 I Love My Country. Melanie C, Jonnie Peacock, Larry Lamb and Len Goodman get patriotic for fun.

8.20 The National Lottery: Break the Safe. Game show, hosted by Nick Knowles.

9.10 Casually. Part one of two. New nurse Rita is late for her first shift dealing with an injured neighbour.

10.00 Mrs Brown's Boys. 10.30 BBC News; Weather; National Lottery Update.

10.50 Michael McIntyre's Comedy Roadshow. Featuring Jason Manford, John Bishop, Sarah Millican and Mick Ferry.

11.35 The Football League Show. Highlights of today's fixtures in the Championship, League One and League Two.

12.50am Weatherview. 12.55 BBC News.

BBC2

6.00am This Is BBC2. 6.30 FILM: China Sky (1945). Wartime drama, starring Randolph Scott. 7.45 FILM: Pot O' Gold (1941). Romantic musical, starring James Stewart and Paulette Goddard. 9.10 Reel History of Britain. 9.40 The Private Life of Plants. 10.30 Athletics: World Championships. Further live coverage of the opening day at the Luzhniki Stadium in Moscow. 11.15 University Challenge. 11.45 The Sky at Night. 12.05pm FILM: Carve Her Name with Pride (1958). Fact-based Second World War drama, starring Virginia McKenna. 2.00 Escape to the Country. 2.30 Exploring China: A Culinary Adventure. 3.30 Wild China. 4.30 Final Score. 5.15 Flog It!

6.00 Natural World - Sri Lanka: Elephant Island.

7.00 Proms Extra 2013. 7.40 Dad's Army. 8.10 David Starkey's Music & Monarchy. The revival of British music in the 19th and 20th centuries. Last in the series.

9.10 Top of the Lake. 10.10 QI XL. With Nina Conti, Sean Lock and Bill Bailey.

10.55 FILM: Hamlet 2 (2008). Comedy, starring Steve Coogan.

12.20am FILM: Tsotsi (2005). Oscar-winning South African drama, with Presley Chweneyagae.

1.50 This Is BBC2.

ITV

6.00am CITV. 8.25 ITV News. 8.30 Dinner Date. 9.25 Saturday Cookbook. 10.20 Murder, She Wrote. 11.20 Saturday Farm. 12.20pm Countrywise. 12.35 ITV News and Weather; Weather. 12.40 All Star Mr & Mrs. 1.45 FILM: Smokey and the Bandit (1977). Comedy, starring Burt Reynolds and Jackie Gleason. 3.30 Midsomer Murders. 5.30 ITV News Anglia; Weather. 5.45 ITV News and Weather.

6.00 You've Been Framed!

7.00 FILM: Harry Potter and the Goblet of Fire (2005). The teenage wizard is chosen to represent Hogwarts School in a dangerous magical tournament. Fourth instalment of the fantasy saga, starring Daniel Radcliffe and Robert Pattinson.

9.50 The Americans. When a fellow KGB officer is assassinated, Elizabeth plots revenge on the CIA bureaucrat responsible for giving the kill order.

10.45 ITV News and Weather; Weather.

11.00 FILM: Public Enemies (2009). Fact-based crime drama, starring Johnny Depp and Christian Bale.

1.30am Jackpot247. 3.00 The Jeremy Kyle Show USA.

3.45 ITV Nightscreen.

CHANNEL 4

6.10am The Treacle People. 6.20 The Hoobs. 6.45 VW Racing Cup. 7.10 The Grid. 7.40 FIM Superbike World Championship. 8.10 The Morning Line. 9.10 Everybody Loves Raymond. 10.10 Frasier. 11.10 The Big Bang Theory. 12.10pm The Simpsons. 12.45 Undercover Boss Canada. 1.45 Channel 4 Racing. Live coverage of Ascot, Haydock Park and Newmarket. 4.10 Come Dine with Me. 6.40 Channel 4 News.

7.00 Grand Designs. Kevin McCloud catches up with architectural designer Lincoln Miles and his wife, artist Lisa Traxler, who transformed a 1970s bungalow on the Isle of Wight.

8.00 FILM: Transformers: Revenge of the Fallen (2009). The shape-changing robots fight for control of a machine hidden somewhere on Earth with the power to destroy planets. Sci-fi adventure sequel, starring Shia LaBeouf and Megan Fox.

10.50 FILM: Braveheart (1995). Oscar-winning historical epic, directed by and starring Mel Gibson.

2.05am Hollyoaks. 4.05 Deal or No Deal: Dealfest. 5.00 Countdown. 5.45 Baking Mad with Eric Lanlard.

CHANNEL 5

6.00am Milkshake! 10.15 Power Rangers: Megaforce. 10.50 Slugterra. 11.10 Inside Hollywood. 11.15 Big Brother: Live Eviction. 12.45pm World's Busiest Train Station. 1.45 FILM: Hell Boats (1970). Second World War drama, starring James Franciscus. 3.40 FILM: Columbo: A Bird in the Hand (1992). Crime drama, starring Peter Falk and Tyne Daly. 5.30 FILM: Jesse Stone: Innocents Lost (2011). Detective thriller sequel, starring Tom Selleck.

7.00 Cricket: The Ashes. England v Australia.

8.00 NCIS. The murder of a marine during a cruise is investigated by the agents, who discover the victim had turned his back on a life of privilege to join the military.

9.50 5 News Weekend. 10.00 Big Brother. Highlights from the house.

11.00 Big Brother's Bit on the Psych. Psychological analysis of the housemates' behaviour.

12.00am SuperCasino. 4.00 Wildlife SOS. 4.25 Make It Big. 4.50 Roary the Racing Car. 5.00 Angels of Jarm. 5.10 Hana's Helpline. 5.20 Angels of Jarm. 5.25 The Funky Valley Show. 5.40 Roary the Racing Car. 5.50 Hana's Helpline.

TJ HIGGS The Psychic Detective Friday 9th August

Doors open at 7pm for 7.30pm start at The New Croft, Haverhill

Ticket Price £15 pre-bookable (non refundable)
or £18 on the door subject to availability.

Admits one.



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That Puppet Game Show,
Saturday, BBC1, 6.45pm



The Americans, Saturday, ITV, 9.50pm



Dragons' Den, Sunday, BBC2, 8pm



The Mill, Sunday, Channel 4, 8pm

SUNDAY

BBC1

6.00am Athletics: World Championships. Live coverage of day two at the Luzhniki Stadium in Moscow. 10.00 Sunday Morning Live. 11.00 Homes Under the Hammer. 12.00pm BBC News; Weather. 12.10 The One Show: Best of Britain. 12.40 Countryfile. 1.35 Bargain Hunt. 2.05 Escape to the Country. 2.55 Songs of Praise. 3.30 Athletics: World Championships. Further live coverage of day two at the Luzhniki Stadium in Moscow.

7.05 BBC News; Regional News; Weather.

7.30 Celebrity Mastermind. Famous faces take to the black chair in the general knowledge quiz.

8.00 Countryfile. John Craven visits a Bronze Age burial site in Northumberland.

9.00 The White Queen. Anne masterminds a plot to kill the princes in the Tower.

10.00 BBC News; Regional News; Weather.

10.25 Room 101 - Extra Storage. With Greg Davies, Ben Fogle and Janet Street-Porter.

11.05 That Puppet Game Show. 11.45 FILM: Win a Date with Tad Hamilton! (2004). Romantic comedy, starring Kate Bosworth and Topher Grace.

1.10am Weatherview. 2.05 Sign Zone: Holby City. 3.05 This Is BBC2.

BBC2

6.00am This Is BBC2. 6.15 FILM: Angel on My Shoulder (1946). Fantasy, starring Paul Muni. 8.00 Around the World in 80 Days. 9.00 Gardeners' World. 9.30 The Beechgrove Garden. 10.00 Saturday Kitchen Best Bites. 11.30 Raymond Blanc: How to Cook Well. 12.00pm Coast. 12.10 EastEnders. 2.05 FILM: Hans Christian Andersen (1952). Musical, starring Danny Kaye. 3.55 The Making of King Arthur. 4.55 FILM: First Knight (1995). Arthurian adventure, starring Richard Gere.

7.00 The Battle for Malta. The Second World War battle for the Mediterranean island.

8.00 Dragons' Den. New series. Interior designer Kelly Hoppen and cloud-computing pioneer Piers Linney join the panel.

9.00 The Haiky Bikers' Restoration Road Trip. New series. Si King and Dave Myers meet enthusiasts restoring machinery from the Industrial Revolution.

10.00 Blackadder the Third. 10.30 Numb: Simon Amstell Live at the BBC.

11.30 FILM: The Visitor (2007). Comedy drama, starring Richard Jenkins.

1.10am Sign Zone: Countryfile. 2.05 Sign Zone: Holby City. 3.05 This Is BBC2.

ITV

6.00am CITV. 8.25 ITV News. 8.30 Country House Sunday. 9.25 The Jeremy Kyle Show USA. 10.20 Murder, She Wrote. 11.20 ITV News and Weather; Weather. 11.30 Ade in Britain. 12.30pm Love Your Garden. 1.30 The Community Shield Live. Manchester United v Wigan Athletic (Kick-off 2.00pm). 4.15 FILM: The Mummy (1999). Fantasy action adventure, starring Brendan Fraser.

6.30 ITV News Anglia; Weather. 6.45 ITV News and Weather. 7.00 Tipping Point: Lucky Stars.

With Coronation Street star Sue Cleaver, This Morning's Matt Johnson and Olympic rowing gold medalist Anna Watkins.

8.00 All Star Mr & Mrs. With Jane Danson, Colin Baker and Michaela Strachan. Last in the series.

9.00 Law & Order: UK. An elderly woman is found dead in her flat.

10.00 ITV News and Weather; Weather.

10.15 The Community Shield Highlights. Manchester United v Wigan Athletic.

11.15 Premiership Rugby Union Sevens. The final stage.

12.15am The Store. 2.15 Monk. 3.45 Motorsport UK. 4.35 ITV Nightscreen. 5.05 The Jeremy Kyle Show.

CHANNEL 4

6.10am The Hoobs. 6.35 Ironman 2013. 7.00 London Triathlon. 7.55 Everybody Loves Raymond. 8.25 Frasier. 9.30 Sunday Brunch. 12.30pm The Big Bang Theory. 1.25 The Simpsons. 2.00 Deal or No Deal. 3.00 FILM: Bride Wars (2009). Comedy, starring Kate Hudson and Anne Hathaway. 4.45 FILM: Leap Year (2010). Premiere. Romantic comedy, with Amy Adams and Matthew Goode.

6.40 Channel 4 News. 7.00 Kirstie's Fill Your House for Free. Kirstie Allsopp and the team fill a family home with some sturdy and stylish pieces, and transform a couple's bedroom - all for free.

8.00 The Mill. Robert arranges to relocate Susannah.

9.00 Southcliffe. Claire struggles to accept her daughter's death, and David's secret about Morton begins to take hold of him.

10.00 FILM: The Number 23 (2007). Premiere. Thriller, starring Jim Carrey.

12.00am FILM: Vanilla Sky (2001). Thriller, starring Tom Cruise.

2.15 Phil Spencer: Secret Agent. 3.10 Secret Eaters. 4.05 Deal or No Deal: Dealfest. 5.00 Countdown. 5.45 Baking Mad with Eric Lanlard.

CHANNEL 5

6.00am Milkshake! 10.10 Power Rangers Samurai. 10.40 Slugterra. 11.05 Highland Emergency. 11.35 Big Brother. 12.30pm BB BOTS: Ryan's Supervised Celebrity Sunday. 1.30 The Hotel Inspector Returns. 2.30 FILM: An American Tail: Fievel Goes West (1991). Animated adventure, with the voice of James Stewart. 4.00 FILM: Tinker Bell (2008). Disney animated adventure, with the voice of Mae Whitman. 5.30 FILM: Open Season 2 (2008). Animated comedy sequel, with the voice of Joel McHale.

6.55 5 News Weekend. 7.00 Cricket: The Ashes. England v Australia.

8.00 Once Upon a Time. Neal's fiancée Tamara reveals her true colours.

9.00 Big Brother. 10.00 FILM: Shoot 'Em Up (2007). Action adventure, starring Clive Owen.

11.45 FILM: The Detonator (2006). Thriller, starring Wesley Snipes.

1.25am SuperCasino. 4.00 Wildlife SOS. 4.25 Make It Big. 4.50 Roary the Racing Car. 5.00 Angels of Jarm. 5.05 Hana's Helpline. 5.20 Angels of Jarm. 5.25 The Funky Valley Show. 5.40 Roary the Racing Car. 5.50 Hana's Helpline.

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Haverhill
WEEKLY NEWS

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PROPERTY NEWS

August 8, 2013

The area's number one for property for sale and to rent

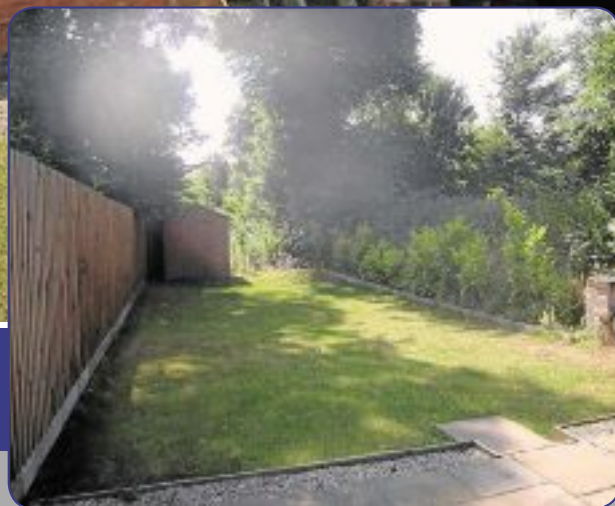
Three storey cottage to rent



Haverhill: £750pcm

A THREE storey cottage with two to three bedrooms is available now to rent for £750pcm. The property has well-presented accommodation throughout, including a sitting room, dining room, fitted kitchen and family bathroom. Outside there is a good length rear garden.

To view the property call Balmforth on (01440) 707976.



DAVID BURR

BELCHAMP ST PAUL

Haverhill 10.5 miles - Sudbury 8 miles



A charming Grade II Listed cottage. Sitting room, dining room, garden room, kitchen/breakfast room, bathroom, 3 bedrooms and store room. 2 barns and a triple length garage.

In all about 0.6 of an acre

Guide £515,000

HUNDON

Haverhill 5 miles - Bury St Edmunds 15 miles



A splendid detached Grade II Listed barn conversion. Reception hall, drawing room, kitchen/breakfast room and cloakroom. 4 bedrooms and 2 bathrooms. Double cart lodge and garden.

Guide £475,000

STOKE BY CLARE

Haverhill 6 miles - Clare 2 miles



A Grade II Listed barn conversion. 2 receptions, kitchen/breakfast room, utility and cloakroom. 5 bedrooms (1 en suite) and family bathroom. Garage and parking.

In all about 0.3 of an acre.

Guide £445,000

ASHEN

Haverhill 7 miles - Sudbury 11 miles



A charming Grade II Listed cottage. 2 receptions, garden room, kitchen, shower room, 3 bedrooms and bathroom. Garage, studio/office and workshop/store.

In all about 0.48 of an acre.

Offers In Excess Of £400,000

STOKE BY CLARE

Haverhill 5.5 miles - Clare 2.5 miles



A charming terraced cottage which has recently been renovated. Sitting/dining room, kitchen, 2 bedrooms, bathroom, parking and garden. Useful outbuilding.

EPC Rating: G

Guide £195,000

CLARE

Sudbury 8 miles - Bury St Edmunds 16 miles



A semi detached cottage conveniently situated within walking distance of amenities. Sitting room, dining room, kitchen, conservatory, bathroom, landing bedrooms and principal bedroom. Garden and parking.

Guide £179,950

STOKE BY CLARE

Haverhill 5.5 miles - Sudbury 12 miles



A charming Grade II Listed end terrace cottage situated in the heart of this sought after village. Sitting room, kitchen, bathroom, 2 bedrooms and courtyard garden.

Guide £149,950

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NEW



Haverhill

£129,950

An excellent period cottage, located in a prime central location within a short walk from the town centre. The property benefits from a pleasant and generous sitting / dining room with an attractive feature fireplace, two spacious bedrooms and is being sold with no onward chain. 70 sq.m. (753 sq.ft.).



Great Thurlow

£530,000

PICTURESQUE VILLAGE LOCATION WITH EXCELLENT ACCESS TO NEWMARKET, CAMBRIDGE AND SAFFRON WALDEN. A beautiful four bedroom/ two bathroom period property fully refurbished to include an extended kitchen/breakfast room. Separate utility room. (EPC Rating F)



Cheffins

NEW

Steeple Bumpstead

£130,000

A charming three bedroom character cottage, in need of some updating, located in the popular village of Steeple Bumpstead. (EPC Rating F).

FEATURE HOME



Castle Camps

£379,950

A truly immaculate and extended family home offering four double bedrooms and versatile living accommodation. The property is presented to a high standard and benefits from a wonderful fitted kitchen, spacious dining area, generous rear garden with views over open countryside, double garage and driveway with off road parking for several vehicles. (EPC RATING C).

NEW

Haverhill

£194,950

A beautifully presented three bedroom town house, nicely situated on the edge of the Croft development. The property benefits from an attractive kitchen / breakfast room, en suite to the master bedroom and a pleasant rear garden.



Kedington

£255,000

A spacious four bedroom link-detached property located in the desirable and well served village of Kedington. The property benefits from sitting room, dining room, utility room, en-suite to the master bedroom, single garage and carport. Offered for sale with no onward chain. (EPC Rating C).



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Haverhill **£92,950**
 A generous one bedroom first floor apartment located at the head of a pleasant cul de sac on the Cambridge side of town, with the unusual benefit of gas radiator heating. The property would make a good letting investment with a potential yield of £525 pcm.



Haverhill **£114,950**
 A Pleasant two bedroom cottage located within easy walking distance of the town centre. The property benefits from a first floor bathroom, two independent bedrooms, extended and attractive kitchen and two further reception rooms.



Haverhill **£119,950**
 A well presented two bedroom Victorian cottage, retaining period features including fireplaces, within walking distance of the town centre, benefiting from gas central heating, two independent bedrooms and first floor bathroom. (EPC Rating D),



Haverhill **£125,000**
 A well located three bedroom end of terrace property situated on the popular Chimswell development. The property in brief benefits from w/c, sitting room, kitchen/dining room, front and rear gardens. (EPC Rating C).



Haverhill **£129,950**
 An extended and much improved two bedroom victorian property conveniently located within walking distance to the town centre and its amenities. The property is presented to a high standard and has the benefit of a re-fitted kitchen and bathroom. (EPC Rating D).



Haverhill **£139,950**
 A spacious three bedroom end of terrace property located on the popular Chalkstone development. The property is well presented and would be an ideal investment property that would achieve around £675 - £695 PCM. Offered for sale with no onward chain.



Haverhill **£145,000**
 A beautifully presented and larger three bedroom victorian terraced house. The property benefits from two reception rooms, fitted kitchen, cellar/playroom and a un-overlooked rear garden



Haverhill **£159,950**
 A recently renovated and beautifully presented three bedroom family home located in popular residential grove. The property benefits from an attractive fitted kitchen, generous front & rear gardens and off street parking. (EPC Rating D).



Haverhill **£174,950**
 A three bedroom link detached property situated in a popular cul-de-sac on the well regarded Wilsey Farm development. 82 sq.m. (882 sq.ft) net. (EPC Rating C)



Haverhill **£179,950**
 An attractive two bed property located in one of Haverhill's most desirable Victorian Streets, benefiting from many fine features including dining room, utility room, generous rear garden and off street parking.



Haverhill **£189,950**
 An exceptionally well presented three bedroom link detached property that has benefited from a substantial double story extension providing spacious living accommodation, dressing area and master bedroom with en-suite shower room. (EPC Rating D).



Haverhill **£204,950**
 A nicely located town house occupying a prominent position on the popular Barnaby Way development. The property offers versatile living accommodation briefly comprising three/four bedrooms, dining area and a master bedroom with en-suite. (EPC Rating C).

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Helions Bumpstead **£325,000**
SIMILAR PROPERTIES
URGENTLY REQUIRED

SALE AGREED

Haverhill **£250,000**
SIMILAR PROPERTIES
URGENTLY REQUIRED

SALE AGREED

Haverhill **£197,500**
SIMILAR PROPERTIES
URGENTLY REQUIRED

SALE AGREED

Haverhill **£149,950**
SIMILAR PROPERTIES
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Haverhill **£132,950**
SIMILAR PROPERTIES
URGENTLY REQUIRED

SALE AGREED

Haverhill **£164,950**
SIMILAR PROPERTIES
URGENTLY REQUIRED

SALE AGREED

Haverhill **£147,000**
SIMILAR PROPERTIES
URGENTLY REQUIRED

SALE AGREED

Haverhill **£136,950**
SIMILAR PROPERTIES
URGENTLY REQUIRED

SALE AGREED

Haverhill **£125,000**
SIMILAR PROPERTIES
URGENTLY REQUIRED

SALE AGREED

Haverhill **£89,950**
SIMILAR PROPERTIES
URGENTLY REQUIRED

SALE AGREED

Haverhill **£169,950**
SIMILAR PROPERTIES
URGENTLY REQUIRED

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Castle Camps **£229,950**
A deceptively spacious three bedroom semi-detached property located on the outskirts of the popular village of Castle Camps. The property itself benefits from generous sitting room with wood burner, WC, re-fitted bathroom suite, single garage & driveway. (EPC Rating E).



Melbourn Bridge **£379,950**
An exceptionally well finished detached family home boasting a stunning & luxury bespoke kitchen / family room. The property enjoys four generous bedrooms with an en suite to the master, private rear garden & double garage with an office above and off street parking for several vehicles.



Steeple Bumpstead **£350,000**
An extremely well presented four bedroom detached property occupying a secluded position within this popular residential area in the well served village of Steeple Bumpstead. The property benefits from versatile living accommodation including three reception rooms, beautiful manicured gardens, double garage and generous driveway. (EPC Rating D).



Poslingford **£199,950**
An attractive newly built detached cottage located in the picturesque village of Poslingofrd, close to Clare. The property enjoys two double bedrooms with vaulted ceilings, pleasant fitted kitchen, generous sitting room and off street parking.

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Haverhill

£159,995

A 3 bedroom semi detached property in need of some modernisation but benefitting from good sized south west facing garden to the rear & off road parking for two cars. The property is a stones throw from the town centre and viewing is strongly recommended. (EPC-E)

Haverhill office - 01440 768919

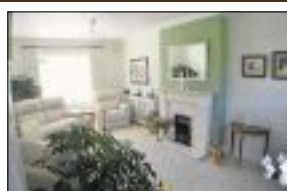


Castle Camps

£335,000

A detached thatched Grade II listed detached cottage offering a wealth of character & set in large gardens next to the village green. The property is in need of some upgrading but benefits from many character features to include large inglenook fireplace & an abundance of exposed timbers (EPC-E)

Haverhill Office - 01440 768919



Sturmer

£324,950

A detached modern and beautifully presented double fronted house situated in an exclusive and private cul de sac of seven houses. The property benefits from spacious kitchen/breakfast room, well stocked gardens and double detached garage, (EPC-D)

Haverhill office - 01440 768919



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Haverhill £89,995

Bychoice are pleased to offer this well positioned 2 bedroom maisonette in the Haverhill town centre. The property is offered with no onward chain & is an ideal investment or first time buy.

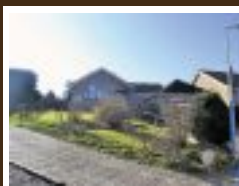
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Little Thurlow Green £150,000

Bychoice are pleased to offer for INVESTMENT ONLY this 3 bedroom semi detached house in much sought after village of Little Thurlow. The property is to be sold with tenant in situ.

Haverhill office - 01440 768919



Haverhill £190,000

A detached 3 bedroom bungalow located close to the town centre & situated on a large corner plot & benefiting from garage & decent size rear garden. (EPC - D)

Haverhill - 01440 768919



Sturmer £250,000

A charming Victorian 3 bedroom cottage situated in the sought after village of Sturmer & benefiting from beautiful established gardens. (EPC-E)

Haverhill office - 01440 768919



Haverhill £175,000

A 2 bedroom semi detached Victorian house situated on one of the most desirable streets in Haverhill. The property benefits from many character features & viewing is strongly recommended.

Haverhill office - 01440 768919



Haverhill Guide price £249,995

This modern house benefits from an entrance hall, living room, dining room, modern fitted kitchen with utility room, ground floor WC, 4 bedrooms, ensuite to master bedroom & landscaped rear garden.

Haverhill office - 01440 768919



Haverhill £143,000

A 3 bedroom terraced property situated on the popular Birds Estate and comprises cloakroom, lounge, kitchen/diner, conservatory, family bathroom, gardens front & rear. Viewing recommended.

Haverhill - 01440 768919



Haverhill £184,995

A well presented 3 bedroom link detached property benefiting from spacious kitchen/breakfast room, lounge, conservatory, attached garage & good sized garden to the rear.

Haverhill office - 01440 768919



Haverhill £250,000 OIEO

A well extended detached three bedroom bungalow. The property lies on the edge of the popular Roman Way development and is set on a fantastic sized plot with beautiful landscaped gardens offering a great degree of seclusion and privacy. (EPC - D)

Haverhill Office - 01440 768919



Haverhill £215,000

A well presented detached 4 bedroom property situated on the ever popular Shetland Road development benefiting from a larger than average secluded garden, garage & parking.

Haverhill - 01440 768919



Haverhill £147,500

A well presented middle terrace property situated on the Cambridge side of town & benefiting from fitted kitchen, lounge/diner, conservatory, 2 bedrooms, bathroom & garden to the rear. (EPC - C)

Haverhill - 01440 768919



Steeple Bumpstead £144,950

Bychoice are pleased to offer this 2 bedroom character bungalow in the sought after Village of Steeple Bumpstead. The property is offered with no onward chain.

Haverhill - 01440 768919



Haverhill £190,000

A delightful 3 bedroom cottage boasting a magnificent established rear garden of some 150ft (STS) & located within walking distance of the town centre. VIEWING STRONGLY RECOMMENDED. (EPC-D)

Haverhill - 01440 768919



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Haverhill £229,995

A spacious and extended 4 bedroom family home offering a wealth of character and benefitting from 2 reception rooms, kitchen breakfast room with built in appliances, master bedroom with ensuite, 2 garages & garden.

Haverhill office - 01440 768919



Shudy Camps OIEO £210,000
Sited in the sought after village of Shudy Camps we are pleased to offer for sale this 3 bedroom semi detached property with fantastic gardens backing onto rolling countryside.

Haverhill office - 01440 768919



Kedington £175,000
3 bedroom semi detached house is situated in the village of Kedington. The property comprises of a family bathroom, lounge, kitchen/diner, front & rear gardens & a garage situated en bloc.

Clare office - 01787 278890



Nosterfield End OIEO £385,000
Bychoice are delighted to offer this well presented 4 bedroom semi with fantastic views over the countryside. The property is offered with no onward chain & also offers annex potential. (EPC - C)

Haverhill - 01440 768919



Linton £189,995

A contemporary first floor apartment benefitting from light & airy open plan living accommodation with vaulted ceilings, mezzanine study area, ensuite to master bedroom & allocated parking. (EPC-C).

Haverhill office - 01440 768919



Kedington £309,995
A unique 3 double bedroom detached bungalow in the sought after village of Kedington. The property benefits from a country style fitted kitchen/diner, lounge, sunroom, 2 ensuites & mature garden.

Clare office - 01787 278890



Kedington £575,000
A unique opportunity to acquire this versatile & individual property, offering stunning panoramic views from its elevated position, all set within a secluded 1.35 Acres. (EPC - D).

Clare office - 01787 278890



Kedington £350,000
This 4 bedroom detached house is set back from the road and enjoys a private position, accessed by its own gravelled drive.

Clare office - 01787 278890



Steeple Bumpstead Guide Price £400,000

A stunning refurbishment offering good sized family accommodation with fantastic views over farmland. The property benefits from a 32ft kitchen/family room, 3 reception rooms, master bedroom with ensuite & roof terrace, rear gardens with covered decked terracing on 2 sides. NO ONWARD CHAIN (EPC - C)

Haverhill - 01440 768919



Haverhill £199,995
3/4 bedroom town house situated on this sought after development, spacious kitchen/diner, study/bedroom 4, ensuite to master bedroom, carport & enclosed gardens. (EPC-C)

Haverhill office - 01440 768919



Kedington £160,000

A well presented 2 bedroom semi detached bungalow situated in the village of Kedington, with field views to the front. The property benefits from a modern kitchen & shower room, front & rear gardens.

Clare office - 01787 278890



Steeple Bumpstead £220,000

Detached 2 bedroom bungalow benefitting from a small out de sac location. The property boasts a kitchen/diner, lounge, conservatory & garage. NO ONWARD CHAIN. (EPC - D)

Haverhill Office - 01440 768919



Baythorne End £299,995

Bychoice are delighted to offer this beautifully present 3 bedroom detached house with idyllic views across the Suffolk countryside. The property is set on a plot of just over .3 acre (ST3) & benefits from 3 reception rooms and a countryside fitted kitchen. Viewing highly recommended.

Haverhill office - 01440 768919



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Lettings & Management



Steeple Bumpstead £595 pcm

Bychoice are delighted to offer To Let this 2 bedroom cottage in the ever popular village of Steeple Bumpstead. It benefits from a lounge, kitchen, cloakroom, first floor bathroom, courtyard garden and parking. Viewing is highly recommended.

Sudbury office - 01787 468408



Clare £625 pcm

* Available April - Unfurnished *
Bychoice are delighted to offer this 2 bedroom home in the popular town of Clare. It benefits from overlooking playing fields, lounge, dining area, kitchen, bathroom, courtyard garden & allocated parking. Viewing recommended to avoid disappointment. (EPC- C)

Sudbury Office - 01787 468408



Haverhill £650 pcm

Bychoice are pleased to offer this 2 bedroom newly refurbished house in close proximity to the town centre. Property is available immediately & is offered unfurnished. Property also benefits from parking

Haverhill office - 01440 768919



Belchamp St Paul £675 pcm

Bychoice are delighted to offer this period 2 bedroom cottage overlooking the village Green. It benefits from an entrance porch, lounge, kitchen, ground floor shower room, gardens & off road parking. Viewing is recommended to avoid disappointment.

Sudbury office - 01787 468408



Haverhill £700 pcm

Bychoice are please to offer this 3 bedroom house on the popular 'Chimswell' development. The property is offered unfurnished and available now.

Haverhill office - 01440 768919



Clare £895 pcm

Bychoice are delighted to offer this period cottage situated in a sought after location in Clare. The property is well presented & arranged over 3 floors comprising of 3 reception rooms, 4 bedrooms, utility room, garden & garage. Viewing is highly recommended.

Sudbury office - 01787 468408

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For more information on these properties call the Lettings Department- 01440 768919

FeatureHOMES

Kedington: £199,950

THIS three bedroom semi-detached house in the sought-after village of Kedington is on the market for £199,950. It offers fine features and accommodation including a ground floor cloakroom, a kitchen/diner and a lounge. Upstairs the master bedroom comes with en suite, and there is also a family bathroom. Outside is a secluded rear garden and a shingle driveway offering ample parking.

Contact Samuel's Independent Estate Agents on (01440) 708100.

Pipers Close: £119,500

A WELL-presented two bedroom ground floor maisonette on an established development in Haverhill is on the market for £119,000. The property has a lounge, kitchen/diner, storage room and family bathroom. There is a small front garden, communal parking and a decked rear area leading to an enclosed communal garden.

Call Morris Armitage on (01440) 768668.

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Residential Park Homes

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**Billings Close, Haverhill £1,450pcm**

Extremely well presented 4 bedroom detached house, 3 double rooms 1 single, master with en suite, living room, dining room, kitchen, bathroom, utility, cloakroom, garden, EPC band: C. Viewings to start end August.

**Elmdon Place, Haverhill £695pcm**

Large end terrace house on the Chalkstone estate offering a modern, newly refurbished and redecorated family home; lounge, kitchen diner, d/s cloakroom, two double bedrooms and one single, family bathroom.

**Kitten Close, Haverhill £895pcm**

Well presented 4 bed semi detached house over three floors. 3 double bedrooms 1 single, master with en suite, lounge, dining room, office, kitchen, family bathroom, garden, EPC band: C, 6 month let only

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**Mallow Walk, Haverhill £695pcm**

Recently redecorated and recarpeted three bedroom mid terrace house on the Chimswell Estate. Two double bedrooms, one single, lounge, kitchen/diner, rear porch, family bathroom, garden, EPC band: D.

**Notley Drive, Haverhill £1,300pcm**

Recently redecorated executive style 5 bedroomed detached family house. Lounge, study, kitchen/diner, conservatory, four double rooms one single; master with en suite, family bathroom, double garage, garden, EPC band: D.

**Sapphire House, Haverhill £525pcm**

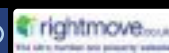
One bedroom ground floor flat at the Watersedge development. Open plan lounge/kitchen area, double bedroom, bathroom, allocated parking space, EPC band: C.

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- Integral appliances
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- Seperate dining room
- EPC grade F

£131,950



HAWTHORNE ROAD

A SUPERBLY POSITIONED DETACHED FAMILY HOME, LOCATED ON THE POPULAR CAMBRIDGE SIDE OF TOWN ON THE GAINSBOROUGH PARK DEVELOPMENT, TO BE FOUND IN EXCELLENT DECORATIVE ORDER

- 4 Bedrooms, ensuite to master
- Double glazed
- Lounge & dining room
- Cloakroom
- Kitchen & Utility room
- EPC grade C

£234,950



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SUPERBLY LOCATED ALONG A SMALL COUNTRY LANE, THIS WELL PRESENTED DETACHED BUNGALOW WITH GARAGE OFFERS DECEPTIVELY SPACIOUS ACCOMMODATION

- 3 Bedrooms
- Good size lounge
- Kitchen/dining room
- Utility room
- Bathroom + shower room
- EPC grade D

£295,000



STEEPLE BUMPSTEAD

AN IMPRESSIVE AND IMMACULATELY PRESENTED FAMILY HOME WHICH IS TUCKED AWAY IN THE CORNER OF A PRIVATE ROAD WITH BEAUTIFULLY MATURE GARDENS AND DOUBLE GARAGE

- 4 Double bedrooms, ensuite to master
- 3 Spacious reception rooms
- Kitchen/breakfast room
- Cloakroom
- Conservatory
- EPC grade D

£350,000



CALFORD DRIVE

A SUPERBLY POSITIONED DETACHED FAMILY HOME LOCATED ON ONE OF HAVERHILL'S MOST SOUGHT AFTER DEVELOPMENTS, HANCHETT MANOR WITH OVER 1700 SQ FT OF ACCOMMODATION WITH DOUBLE GARAGE

- 5 bedrooms, en-suite to master
- 3 Reception rooms
- Kitchen/breakfast room
- Utility room
- Large conservatory
- EPC grade D

£350,000



STEEPLE BUMPSTEAD

A SPACIOUS AND WELL UPDATED SEMI DETACHED BUNGALOW NICELY POSITION WITHIN THIS POPULAR DEVELOPMENT

- 2/3 double bedrooms
- Upvc double glazing
- Good size refitted kitchen
- 17' Lounge
- Shower/wet room
- EPC grade D

£219,950

team

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STEEPLE BUMPSTEAD

AN IMPRESSIVE AND IMMACULATELY PRESENTED FAMILY HOME WHICH IS TUCKED AWAY IN THE CORNER OF A PRIVATE ROAD WITH BEAUTIFULLY MATURE GARDENS AND DOUBLE GARAGE

- 4 Double bedrooms, ensuite to master
- 3 Spacious reception rooms
- Kitchen/breakfast room
- Cloakroom
- Conservatory
- EPC grade D

£350,000



MOUNT ROAD

A UNIQUE PERIOD PROPERTY BELIEVED TO HAVE BEEN CONSTRUCTED IN THE MID 1800 S, STANDING IN WELL ENCLOSED PRIVATE GARDENS TO BOTH FRONT AND REAR.

- 4 Bedrooms
- Kitchen/breakfast room + utility
- Lounge & separate dining room
- Shower room + family bathroom
- 2 Basement rooms
- EPC grade F

£284,950



OLD ROPE WALK

AN EXCEPTIONALLY WELL PRESENTED AND WELL UPDATED, MODERN FOUR BEDROOM DETACHED FAMILY HOUSE LOCATED IN A NON ESTATE AREA

- 4 Bedrooms • Upvc double glazed • Refitted kitchen
- Lounge, separate dining room • Cloakroom • EPC grade E

£192,950



STRADISHALL

A RECENTLY DECORATED SPACIOUS FAMILY HOME

- 3 Bedrooms • Lounge & dining room • Double glazed
- Cloakroom • EPC grade E

£126,500

• PROPERTIES TO RENT •



PAVILION COURT

AVAILABLE MID AUGUST

This unfurnished house offers accommodation comprising a lounge, refitted kitchen with hob and oven, one bedroom and fitted bathroom, off road parking and garden to front. EPC grade E

£550 PCM



KEDINGTON

AVAILABLE NOW

This village property offers accommodation comprising lounge, modern kitchen/dining room, one good size bedroom, new shower room and utility area, garden and parking

£625 PCM



DUDDERY ROAD

AVAILABLE AUGUST

Close to the town centre this well presented unfurnished house offers accommodation comprising lounge, dining room, kitchen, bathroom and three first floor bedrooms. Courtyard garden. EPC grade D

£610 PCM



HEMPSTEAD ROAD

AVAILABLE EARLY SEPTEMBER

Located on the Cambridge side of town this modern unfurnished house offers accommodation comprising a lounge, kitchen, two bedrooms, bathroom and GARAGE. EPC grade C

£650 PCM

team

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A superb development offering well designed 2, 3 and 4 bedroom homes. This four bedroom detached family home has spacious accommodation and modern fittings throughout. PLEASE CONTACT MORRIS ARMITAGE ON 01440 768668 FOR MORE INFORMATION.

STEEPLE BUMPSTEAD £149,995

NEW



A modern mid terraced property located in Steeple Bumpstead. Ideal for a first time buyer or as an investment property. The property benefits from accommodation to include a porch, lounge, a modern stylish kitchen/diner, two bedrooms and a newly fitted bathroom.

HAVERHILL £199,950

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STRADISHALL £134,995

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HAVERHILL £490,000



A unique opportunity to purchase this recently extended detached family home which has been completely renovated to a high standard. The property stands on an extensive plot and is located in a highly desirable location. Viewing is highly recommended. No onward chain.

SAFFRON WALDEN £579,950



Denmead is an impressive four bedroom executive style detached property situated in a quiet cul-de-sac in one of Saffron Waldens most sought after locations. Boasting spacious accommodation and including a double garage. Viewing is highly recommended.

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HAVERHILL

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Morris Armitage**HEMPSTEAD £469,995****NEW**

A unique opportunity to purchase this spacious detached bungalow located in the picturesque village of Hempstead. Spacious accommodation to include a lounge, kitchen, separate dining room, utility room, study, three ground floor bedrooms, en-suite, a family bathroom and one first floor bedroom accessed via the master bedroom. Ample parking, garage and landscaped gardens overlooking open fields. Viewing is highly recommended.

**HAVERHILL £229,995****NEW**

A great opportunity to purchase this link-detached family home located on the popular Arrendene Development. With spacious accommodation to include lounge, dining room, kitchen, conservatory, ground floor cloakroom, master bedroom with en-suite, three further bedrooms and a family bathroom. Outside to the front of the property is a lawned garden area and driveway for two vehicles leading to a single garage. No onward chain.

**STEEPLE BUMPSTEAD £225,000**

A great opportunity to purchase this detached bungalow located in the sought after village of Steeple Bumpstead. The property offers good sized accommodation to include a large lounge/diner, kitchen, conservatory, cloakroom, three double bedrooms and a family bathroom.

HAVERHILL £119,500

A well presented two bedroom ground floor maisonette. Ideal for first time buyers or as an Investment property with a rental income of approximately £625pcm. The property benefits from a lounge, kitchen/diner, storage room, two bedrooms and a family bathroom.

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HAVERHILL £825 PCM**NEW**

A four bedroom town house within walking distance of the town centre. Fully enclosed rear garden and garage.

HAVERHILL £650 PCM

A modern apartment located within the town of Haverhill on the Waters Edge development. Available mid September 2013.

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NEW PRICE



Chapple Drive £289,950

Well presented detached family house offering lounge, dining room, study, g/f cloakroom, kitchen/breakfast room, utility room, four bedrooms, bathroom, g/f c/h, UPVC double glazing, front & rear gardens, tandem garage & driveway. EPC Rating D, 68



NEW LISTING



Mill Road, Kedington £199,950

Well presented semi-detached family house offering lounge, kitchen/diner, three bedrooms, en-suite, bathroom, g/f cloakroom, un-overlooked rear garden, driveway & UPVC double glazed. EPC Rating C, 79



NEW LISTING **NO ONWARD CHAIN**



Crowland Road £126,500

Extended terraced house offering lounge, re-fitted kitchen/dining room, family room/utility area, two bedrooms, re-fitted bathroom, g/f c/h, UPVC double glazed windows & doors & rear garden. EPC Rating D, 65

NEW LISTING **NO ONWARD CHAIN**



Shire Court £133,000

Mid-terraced family house offering lounge, kitchen/diner, utility room, three bedrooms, bathroom, separate WC, front & rear gardens, g/f c/h, UPVC double glazing & no onward chain. EPC Rating C, 73

NEW LISTING **NO ONWARD CHAIN**



Chainey Pieces £149,950

End of terrace family house offering lounge, dining room, kitchen, g/f cloakroom, three bedrooms including loft conversion, bathroom, g/f c/h & rear garden. No Onward Chain. EPC Rating E, 42

NO ONWARD CHAIN



Clements Close £44,000

Well presented first floor flat offering lounge, re-fitted kitchen, bedroom, re-fitted bathroom. UPVC double glazed windows & secured entry system. Offered with no onward chain. EPC Rating C, 75. Ideal first time purchase. Opportunity for 100% purchase. Price shown is for 50% share

NEW PRICE **VIDEO PRESENTATION AVAILABLE**



Arms Lane, Kedington £379,950

Detached thatched cottage with many period features located in a popular Suffolk village offering lounge, dining room, kitchen, utility room, g/f bathroom, two/three bedrooms, f/f shower room, beautiful gardens, detached garage & log store, open views to front & rear. EPC Rating F, 35. No onward Chain



NO ONWARD CHAIN



Crowland Road £158,950

End of terrace family house offering lounge, kitchen/diner, g/f bathroom, three bedrooms, UPVC double glazed windows, un-overlooked rear garden, potential for extension & driveway (subject to planning). EPC Rating E, 43

NO ONWARD CHAIN



Kings Meadow, Kedington £155,950

Semi-detached bungalow located in a popular village offering lounge, kitchen/diner, two bedrooms, bathroom, conservatory, front & rear gardens, g/f c/h & garage. Offered with no onward chain. EPC Rating D, 64

NO ONWARD CHAIN



Eden Road £122,500

Terraced family house close to town offering lounge, dining room, kitchen, two bedrooms, bathroom, rear garden & g/f c/h. Ideal first time purchase or investment property offered with no onward chain. EPC Rating E, 50



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Duddery Road £112,950

First floor flat set within a detached block with only two flats close to town. The property offers lounge, fitted kitchen, two bedrooms, bathroom, ample parking & communal garden. EPC Rating D, 65



Helions Bumpstead £310,000

Much improved and extended family home. Lounge, dining room, ground floor cloak/shower room, re-fitted kitchen/breakfast room and five bedrooms and family bathroom to the first floor. EPC rating D, 56



Dovehouse Road £259,950

Attractive detached family home situated in a quiet cul-de-sac, close to town, g/f cloakroom, kitchen/family room, lounge/dining room, study, four good size bedrooms, en-suite & family bathroom, detached double garage & secluded gardens. EPC Rating D, 57



Minerva Close £269,950

Extremely well presented detached family house offering lounge, g/f cloakroom, kitchen/diner, utility room, three bedrooms, en-suite, dressing room, bathroom, front & rear gardens, g/f c/h, double garage & driveway. EPC Rating D, 66



Cock Hill, Kedington £575,000

Versatile family house occupying an elevated position with approximately 1.35 acres and enjoying panoramic views. The property offers three reception rooms, four bedrooms, double garage, two outbuildings & heated outdoor swimming pool. EPC Rating D, 56



Burton Close £143,500

End of terrace family house located on the edge of the Parkway development offering L-shaped lounge/diner, kitchen, three bedrooms, bathroom, front & un-overlooked rear garden & g/f c/h. EPC Rating D, 65



Downs Place £142,000

Terraced family house located close to town offering lounge, dining room, kitchen, two bedrooms, bathroom, front & rear gardens, g/f c/h & shingled parking to the rear. Offered with no onward chain. EPC Rating D, 55



Crowland Road £145,000

Well presented end of terrace family house offering lounge, dining room, kitchen, utility room, two bedrooms, bathroom, front garden, approx 96' un-overlooked rear garden, g/f c/h & UPVC double glazing. EPC Rating E, 44



Bloomsfield Road £116,950

Well presented ground floor apartment offering lounge/diner, kitchen, double bedroom, bathroom, UPVC double glazing, g/f c/h, communal gardens, allocated parking & secured entry system. No onward chain. EPC Rating B, 83

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Burton End, Haverhill



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Expected Rent: £625 pcm
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Sudbury



Offers in Excess of £140,000
Current Rent: £695 pcm
Yield: 6%

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EPC D

Woods Close, Sturmer **£350,000**

5 bedroom detached home in the sought after village of Sturmer, just a short distance from the market town of Haverhill. Offering light and spacious accommodation, the property's many features include a double garage and hot tub in the rear garden.



EPC D

Burton End **£135,000**

This 2 bedroom detached house offers spacious accommodation along with the benefit of an allocated parking space. Presented to a high standard throughout, the property offers gas central heating along with a re-fitted kitchen and bathroom.

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EPC D

Waveney Terrace **OIEO £140,000**

A well presented Victorian town house offering versatile accommodation across 3 floors, comprising 3 bedrooms, 2 reception rooms, fitted kitchen and bathroom.



EPC D

Moneypiece Close **£250,000**

A chance to acquire this well presented spacious family home situated on the ever popular Hales Barn estate. Accommodation comprises 4 Bedrooms, Lounge, Dining room, Family room and integrated fitted kitchen.



EPC C

Chapelwent Road

£250,000

An impressive and particularly spacious three bedroom mews style home, built to their 'Aragon' design by Bovis Homes.

The property offers very flexible accommodation, over three floors, with ground floor shower room, two en-suites, plus family bathroom. In addition, on the ground floor there is a study and family room, together with two first floor reception rooms and a generous kitchen breakfast room with a range of integrated appliances.



EPC Awaiting

Windmill Rise, Hundon

£162,500

Situated in the popular village location of Hundon overlooking the green is this two double bedroom semi detached bungalow with extended lounge/dining room. Further accommodation comprises bathroom, fitted kitchen and attractive gardens to front and rear. The property also benefits from garage and driveway. Features of this property include uPVC double glazed windows and is offered with NO ONWARD CHAIN.



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NEW



Sawston £400,000

****OPEN HOUSE THIS SATURDAY - 10TH AUGUST - BETWEEN 11:00 - 12:00 CALL TO BOOK YOUR APPOINTMENT 01223 837473**** A modern 4 bedroom detached family home set in enviable corner position. No upward chain. EPC RATING D.

NEW AND SOLD



Stapleford O.I.E.O £575,000

A superbly appointed and particularly spacious detached family residence offering a good sized and very private rear garden occupying a highly sought after location. The house occupies a most desirable non-estate position in this highly sought after residential street. EPC Rating D.



Linton £310,000

A charming detached Grade II Listed thatched cottage set in a delightful lane within this highly desirable village. Boasting a wealth of character features including exposed timbers and beams and inglenook fireplace. EPC Rating E.



Sawston
£250,000

An older style semi-detached home with scope for modernisation and improvement/extending (STPP). The property comprises of entrance hall, sitting room, dining room, kitchen, 3 bedrooms and bathroom. Gas central heating. Off-road parking for several vehicles. Attractive rear garden extending to approximately 100ft in depth in this popular south Cambridgeshire village. EPC Rating E.



Sawston
£224,950

A modern semi detached bungalow situated in a quiet cul de sac location, convenient for local shops & facilities with the benefit of no upward chain. Entrance hall, lounge/dining room, kitchen, 2 bedrooms, bathroom, enclosed garden, garage & driveway providing off road parking. EPC Rating C.



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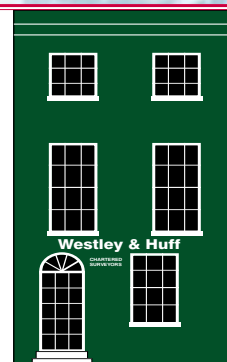
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i3 jolts into life

THE all-new electric BMW i3 was revealed last week in London to more than 250 representatives from a wide range of European bodies and organisations responsible for shaping the future of sustainable urban mobility and creating the framework conditions for the take-up of electric vehicles.

Ian Robertson, member of the board of management, sales and marketing BMW, unveiled the BMW i3 to an audience that included government policy officials, energy companies and infrastructure providers, financial analysts, investment advisors and non-governmental organisations.

Participants from France, Germany, Italy, Netherlands, Poland, Spain and Sweden were among the attendees.



THE BMW i3: On sale at £25,680 in late November

Robertson said: "The BMW i3 heralds the dawn of a new era for individual mobility and for the BMW Group. True to a genuine BMW, the BMW i3 has strong emotional appeal, outstanding product substance and a guarantee of sheer driving pleasure. Working together with governments, city mayors and other key partners, we are confident that this exciting new solution for urban mobility will provide customers with an attractive offer for electromobility and successfully address the environmental challenges facing a growing number of megacities around the world."

The all-new BMW i3 will be delivered to UK customers in November, priced at £25,680.

"There'll be more models in the electric range to follow," a spokesman for BMW said.

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Glasses by Google not legal on roads

THOSE using the "wearable computer" device Google Glass while at the wheel will fall foul of driving regulations, the Government has warned.

Worn like spectacles, Google Glass has a small screen just above the right eye and users can take a picture, record a video and read messages.

It is expected that the device, in which users

"tell" the computer what to do, will be on sale next year.

Today the Department for Transport said: "It is important that drivers give their full attention when they are behind the wheel and do not behave in a way that stops them from observing what is happening on the road."

"A range of offences and penalties already

exist to tackle those drivers who do not pay proper attention to the road, including careless driving which will soon become a fixed penalty offence.

"We are aware of the impending rollout of Google Glass and are in discussion with the police to ensure that individuals do not use this technology while driving."



000PS: The combination of Google Glasses and driving is illegal

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PRIDE OF CAMBRIDGE
Cambridge News
COMMUNITY AWARDS 2013
in association with **John Lewis**

WHO IS YOUR HERO?



It's that time of year again. The Cambridge News is beginning its search for exceptional individuals who deserve special recognition in our annual Community Awards 2013, this year called the Pride of Cambridge.

There are 9 categories in total, seven for individuals, one for groups and one overall award for Star of the Year, which will be handed to the most outstanding nomination of the year.

Tell us about your unsung heroes by filling in our online nomination form. It will only take a few minutes and could earn that person the recognition they deserve.

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For more information please contact:
Karen Ball on 01223 434397 (karen.ball@cambridge-news.co.uk)

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6 berth, single axle, 2007, Fixed end bunk bed, Good condition caravan with numerous extras, Wood effect floor, Microwave oven Gas hob oven and grill, 2 awnings, Hitch lock, wheel clamp

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M Sport Auto Saloon, 2003, 84,000 miles, blue, beige leather matching ceiling trim. Electrical Rear window blind. Harman Kardon sound system. FSH, 2 Owners, 18" Alloys, MOT May 2014, Tax April 2014. Non smoker, high Spec

£3,100
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1,360cc petrol, 09/06, reg'd 12/14, stop & start, sensomatic bi-modal gears, 39,560 miles, MOT 04/14, Tax 12/13, solar glass, air con, tyres good, clean

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2000, runs really well, never let me down, mileage approx. 160k, which is only about 12,000 miles per year, well maintained, MOT March

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£7,850 no vat
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Vauxhall Movano Van

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Ford Maverick Van GLS

Red, 2.7, Diesel, 1997, MOT, Recent tyres and clutch, Rear liner, Tow bar, Excellent condition for the year

£2,395 ono
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Vauxhall Astra Van 1.7 DTi

2006, White, 100,000 miles, FSH, tow bar, fold down rear seats, 12 months MOT, very tidy

£2,500
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Fiat

Fiat Multipla 115 ELX JTD

2004, Silver, 133,000 miles, turbo diesel, 6 seater, twin electric sunroofs, air con, 9 months MOT, 4 months Tax

£1000
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Ford

Ford Focus Estate 1.8 Tdci Zetec

57 plate, vgc, History, 1 year MOT, Tax July 2013, 60,000 miles

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01638 577529
Eve

Ford Focus Estate 1.8 Tdci Zetec

57 plate, vgc, History, 1 year MOT, Tax July 2013, 60,000 miles

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Ford

Ford Ka

Sport 1.6i SE, 53 plate. Only 51k miles, tax & mot until December, manual, petrol, pas, air-con, leather seats, 6-cd changer, electric windows & mirrors, front & rear fog lights, alloy wheels. Excellent runner & great looking car

£1,600 ono
07500 961077

Ford Galaxy Zetec Tdi

2006 (55 plate) FSH, 82,500 miles, Automatic, 7 seats, E/W, A/C, PAS, Radio/CD, Alloy wheels, Parking sensors, Privacy glass, Driver/passenger side air bags, Alarm, Immobiliser, Cruise control, Roof rails, MOT 27/09/2013, taxed to 30th Nov '13

£4,395 ono
07716 498073

Ford Ka 1.3i Style

54 plate, Petrol, Blue, 46,000 miles, Taxed - 31/03/14, MOT - 11/01/14, Power steering, 6 CD Changer, Manual, Excellent Runner, ideal first car

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Ford Mondeo 1.8 LX 16v

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07817 413065**

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07910 142759**

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Hyundai Tucson CRTD CDXi

16v 4x4, 2006, 52,000 miles, absolutely immaculate condition, full leather, CD, cruise, heated seats, full electrics, tow-bar, very recent clutch, cambelt and tyres, 6 months tax, 9 months MOT

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Hyundai 110 Edition

4 door hatchback, 1.1L, petrol, 2010, Grey, 7,950 miles, MOT to March 2014, £20 road tax, Excellent condition

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Jeep



Jeep Cherokee CRD Limited

Silver, Diesel, 2006, 58,000 miles, Excellent condition, MOT November 2013

£5,900 ono

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Lexus



LEXUS LS 430

V8 Auto 2005 (55) Metallic Dark Grey, Sat Nav, Rear seat DVD, Sunroof, Full leather/wood, MOT/TAX end Nov '13, Heated memory seats, Luxury driving, Full Lexus Service History

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07773 352225

Mazda



Mazda MX5 Arctic 1.8 Special Edition

2005, Razor Blue, Blue Leather, 5 speed manual, 37,000 miles, Mot Mar 2013, full service history, hard top with wall bracket and cover, chrome style bars, excellent condition

£5,250

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watsonrobert25@gmail.com**



Mazda MX-5

2.0i Roadster Coupe Convertible, 2008, 6 speed, climate control, 46,800 miles, Highland green and tan leather interior, excellent condition, Just Mazda serviced, 1 year MOT, tax Dec

£8,325

07796 996724

Mazda



Mazda MX-5

Mk 2, 1999, 1.8 manual, 110 k, recent MOT, Tax 01/14, private plates, ABS, Alloys, E/W, twin air bags, JVC stereo, hood in lovely condition, 2 new tyres, genuine reason for sale

£1,150 ono

07580 802108

Mercedes



Mercedes SLK 230

2000, (W Reg), Blue, 6 speed manual, Black leather, Recent service, Good condition for year

£2,100 ono

07734 151928



Mercedes S320

1999, Petrol, 87,000 miles, MOT: June 2014, Tax: Oct 2013, Leather seats, Excellent bodywork and very clean interior, Lots of service history, Electric everything even rear seats, A/C, S/Roof, Front & Rear Park sensors, A dream to drive

£2,900 ono

07776 032179



Mercedes-Benz 230 SLK Roaster

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01638 660987

Mercedes E320

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£5,995

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2007, Full BMW Mini service history, lady owner driver, just under 30k miles, MOT and Taxed, immaculate condition in white with black roof & spoiler, privacy glass, Chili pack

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Nissan



Nissan Note

1.6 SVE Automatic, 2007, only 11,970 miles, met blue, grey leather, unmarked alloys, unused Spacesaver, air con, e/w, e/m, auto lights/wipers, Radio/6 CD autchanger, private glass, wind deflectors, immaculate, long tax MOT

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Peugeot 307 SW/SE

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Peugeot SW 307

Petrol, 2007, metallic gun metal grey, ABS, A/C, CD, Climate, Cruise Control, Airbag, Immobiliser, P/S, MOT, E/S/Roof, Tow bar, E/M, Tax, 1.6 SE 5 door estate, Manual, Parking sensors, r/c/l, CD Player with 5 disc Multichanger, Roof Rails, ABS, Head Restraints Roof Rails, Upholstery Cloth, Air Bag Driver, Air Bag Passenger, 10 months MOT, 6 months tax, Tow bar

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Peugeot 107 Urban Move

2007, 46,000 miles, MOT, Tax, 5 door, 11 months MOT, taxed 11 months, serviced, good tyres, approx 50 mpg

£3,500

07902 547758

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Renault Megane Expression

1.5, diesel, 2005, Blue, 149,545 miles, Tax/ MOT to Sep 13, 2 owners, A/C, 60mpg, low tax

£1,200

07711 957230



RENAULT Kangoo

Ventura D.C.I., silver, 2006 1.5 diesel, 58,000 miles, electric F/W, serviced regular, new cam belt fitted 2011, taxed & mot, alarm, excellent condition.

£4,250

07809 147902

Renault



Renault Clio Dynamique TCE

1150cc, 5 door, petrol, 2009, Silver, 43,000 miles, air con, 12 months MOT, 6 months tax, recent service, recent tyres, good condition

£5,250 ono

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Rover-MG



MG ZR 1.8VVC

2002, 3 door, 100,000 miles, Head gasket done at 97k, A/C, E/W, E/M, Full electrics including S/Roof, R/C/L, 17 inch Alloys, Tinted windows, After market air filter & exhaust, Service history, 12 months MOT, 6 months Tax

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07450 500979

MG 1.8 Sports Car soft top

Petrol, 1996, British Racing Green, very good condition, 6 months tax, 12 months MOT

£950 ono

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07980 355816**

Saab



Saab 9-5

Vector Sport 1.9 T1D Executive Saloon, 2008, 58,000 miles, full service history, manual, top specification - cream leather heated & ventilated seats, Parrot Bluetooth System & Sat Nav

£6,495 ono

**07747 042395
01223 891765**

Seat



Seat Leon

2.0 TDI Reference Sport, 53,500 miles, excellent condition, Full service history, 1 previous owner, MOT March 2014 and tax Dec 2013

£6,250 ono

07825 444018



SEAT Ibiza EComotive SE 1.2 TDi

11 reg'd, 36,000 miles, 5 door, FSH, tax exempt, excellent fuel economy, 1 lady owner from new

£8,250

01223 423022

Skoda



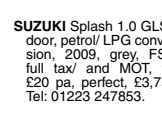
Skoda Fabia 1.4 16v

2003 03 AUTOMATIC classic Hatchback, Met Grey, 5 Door, A/C, C/L, E/Windows, PAS, CD Multichanger, MOT 8 until June 2014, FSH, 46,800 Miles.

£2,595

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www.alis-cars.co.uk**

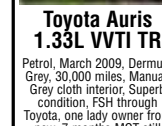
Suzuki



SUZUKI Splash 1.0 GLS 5 door

petrol/ LPG conversion, 2009, grey, FSH, full tax/ and MOT, tax £20 pa, perfect, £3,750. Tel: 01223 247853.

Toyota



Toyota Auris 1.33L VVTI TR

Petrol, March 2009, Derrnura Grey, 30,000 miles, Manual, Grey cloth interior, Superb condition, FSH through Toyota, one lady owner from new, 7 months MOT still existing, Dual climate control a/c, 5 door, Stop/start, 16" alloy wheels, power steering and electric windows.

£6,000

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Toyota

TOYOTA Yaris (New Shape) 1.3 TR, 5 Door, 2007, 57 Plate, Met Black, Only 41,000 Miles, FSH, PAS, C/Locking, E/Windows, Airbags, A/C, Alloys, Radio/CD Player, Colour Coded Bumpers & Mirrors, Immobiliser, Long MOT, Warranty, Excellent Condition, £4995, 01799 584327 07779 557267 www.rowleyscars.co.uk t

TOYOTA Yaris 1.3 CDX, 5 Door Auto, 2001 51 Plate, Silver, Only 27,000 Miles, FSH, PAS, C/Locking, E/Windows, Airbags, A/C, Alloys, Radio/CD Player, Colour Coded Bumpers, Immobiliser, Long MOT, Warranty, Excellent Condition, £3495, 01799 584327 07779 557267 www.rowleyscars.co.uk t

TOYOTA Yaris 1.4, diesel, 2004, Blue, 65,000 miles, 8 months tax and MOT, road tax only £30 pa, vgc, £1,900 ono. Tel: 07852 964780.

Volkswagen



Volkswagen Passat TDI Sport 170

Diesel, 2007 (57), Black Metallic, 50,000 miles, 1 Owner, Full VW Service History, Manual, Electric Tailgate, Autohold, Park Sensors, Tax 01/14, MOT 09/13.

£7,000 ono

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Volkswagen Polo 1.4

2002 52, Manual, Petrol, Yellow, Alloys, A/C, C/L, E/Windows, Sunroof, CD Player PAS, FSH, 82,200 Miles.

£2,295

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07764 681177 t
www.alis-cars.co.uk**

VW POLO 1.4 CL

1999, T Reg, Blue, 100k Miles, MOT until March 2014, 6 Months Tax, 3 Door, Power Steering, CD Player, Low Insurance.

£550

SOLD



Volkswagen Sharan

2002, 102,000 miles, Automatic converted to LPG/ petrol, 7 seater, 6 months tax, 12 months MOT, FSH, very good condition

£2,100 ono

01638 750328

Vauxhall



VAUXHALL CORSA 1.4 Sri

2012 (62), 3 Door Hatchback, Black, 9000 miles, Manual, Cruise Control, 17" black Alloys with rainbow flakes, Privacy Glass, Front Sport Seats, A/C, MP3 Compatible CD Player, Rear Spoiler, PAS, ABS, Isofix

£8,250 ono

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12

PROPERTY

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In your role your positive attitude toward supporting and caring for others will come through in everything you do. Paying attention to the little details that can make a real difference to someone's daily life. In reward for your hard work we offer you: competitive pay, paid Criminal Record checks, great opportunities to progress your career in care and paid induction and training with continuous support.

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Your role will be focused on visiting a range of our customers in their own homes to provide support to carry out day to day activities. From providing personal care, help around the home such as food preparation and cooking, to support accessing the local community.

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In addition to the above we are also looking for staff to work specifically with our Learning Disability clients both in the community and in supported living schemes.

We can offer a variety of flexible working patterns including guaranteed hours and zero hour contracts, with roles available across various locations in Cambridgeshire.

For some areas you will be required to have access to your own vehicle for which we will reimburse you at a rate of 45p per mile. Weekly pay available on selected contracts.

For further details or to apply for one of these vacancies, please contact us on the details below or come along to one of our Assessment Days where you will be able to meet our friendly team and find out more about working for Circle Support.

DATES: 14 and 30 August 2013

TIME: Between 10:30am and 3pm

VENUE: Compass House, Vision Park, Chivers Way, Histon, Cambs, CB24 9AD

If you have any queries please contact us by email: Home.Care@circle.org.uk or phone: 01603 703878.

For further details on these vacancies please visit our website:

www.circle.org.uk/corporate/careers or write quoting the above reference numbers to: Resourcing Team, Circle Housing Group, 6 Central Avenue, St Andrews Business Park, Thorpe St Andrew, Norwich, Norfolk NR7 0HR and we will send you an information pack. Please make it clear when contacting us if you require any documents to be translated or sent in an alternative format. Unfortunately we are unable to accept CVs.

These posts are subject to an Enhanced Criminal Record Check Clearance. Circle values diversity and encourages applications from minority groups.

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Kall Kwik Cambridge has a well established reputation with 30 years trading. We cover digital and litho print, large format and direct mail. We are looking for an enthusiastic and hands on Sales Support Executive to help drive our business forward.

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Please apply in writing with your C.V. to: Kat Postlethwaite, Kall Kwik Cambridge, 48 Clifton Road, Cambs, CB1 7ED or by email to: kat@kccambs.co.uk

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The successful applicant must be competent in the use of Illustrator, Photoshop & Indesign and be able to work methodically and accurately under pressure. Duties include: File preparation for printing and liaising with our production department. www.kgkprint.co.uk

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Milieu Project Worker (Car Mechanics)

The right candidate will have:

- City and Guilds qualification desirable, experience or interest in Car Mechanics essential.
- Experience in childcare or a related field of work.
- NVQ3, DIPSW, CSS/CQSW, Teaching, Nursing, or Therapy qualifications as an advantage.
- Excellent communication skills with an ability to liaise and negotiate sensitively, tactfully and diplomatically at all levels.
- The ability to be creative, flexible and adaptable to meet the needs of our residents.
- A clean and current driving licence is essential.
- An ability to work flexible hours, involving evenings and weekends.
- The ability to be a team player with a flexible attitude.

This is a full time position of 160 hours per 4 week rota which includes weekends and evening shifts. We offer a salary of between £21,000 and £22,500 plus other benefits including a final salary pension scheme.

Milieu Project Worker (Assistant Cook)

The right candidate will have:

- Experience or interest in cooking or catering.
- Experience in childcare or a related field of work.
- A food hygiene certificate.
- Excellent communication skills with an ability to liaise and negotiate sensitively, tactfully and diplomatically at all levels.
- The ability to be creative, flexible and adaptable to meet the needs of our residents.
- A clean and current driving licence is essential.
- An ability to work flexible hours, involving evenings and weekends.
- The ability to be a team player with a flexible attitude.
- NVQ3, DIPSW, CSS/CQSW, Teaching, Nursing, or Therapy qualifications as an advantage.

This is a full time position of 160 hours per 4 week rota which includes weekends and evening shifts. We offer a salary of £21,519 plus other benefits including a final salary pension scheme.

General Maintenance Person

The right candidate will have:

- Proven experience in a planned/reactive maintenance environment and able to work to a high standard.
- Experience in, General Carpentry, Painting & Decorating, Plumbing, Tiling, Plastering.
- BTEC/NVQ/City and Guilds qualified in a related field.
- A flexible and helpful approach to take on a variety of tasks.
- The ability to work in a residential care setting and deal with persons of different educational abilities and behaviour issues.
- A clean and current driving licence is essential.

This is a full time position of 40 hours per week, 8.30 to 4.30 Mon to Fri. Emergency call out may be required but this is not usual. Living within an easy commuting distance of the Campus is an advantage as this is a reactive maintenance role at times.

We offer a salary of £19,621 plus other benefits including a final salary pension scheme.

Please contact either Teresa or Donna for an application form and related information on 01799 584359. No CVs please and previous applicants need not apply.

Closing date for applications is: 14th August 2013.

All posts will be subject to checks including DBS. FTCT is a registered charity.

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Bernhard Grinders—world leader in the manufacture and distribution of mower sharpening systems since 1870—need a customer services administrator to work in our small but busy general office.

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BEAUTIFUL olive skinned sensual lady, adventurous, with some naughty ways, discreet and seeks same. Age/looks/nationality unimportant but must be adventurous. Tel No: 0905 002 1957 Box No: 345725

JO 38 blonde size 12 professional seeking fit N/S male 45-50yrs for no strings discreet fun friendship. Tel No: 0906 500 3778 Box No: 405097

JACKIE honest, reliable caring single mum with lots of offer enjoys cosy nights in/out, cooking, W/LTM fun male for fun friendship and lots of tlc. Tel No: 0906 500 3778 Box No: 405091

LOUISE early 40's, seeks male, 45-50 for friendship, maybe more. Tel No: 0906 500 3778 Box No: 398955

58YR old female, likes James Bond films, sports, seeks male. Tel No: 0906 500 3778 Box No: 406917

CARING widow seeks nice, lonely gent for friendship and more. Tel No: 0906 500 3778 Box No: 406823

PAULINE passionate, intelligent, discreet married lady seeks discreet special man of any age, call for more info. Tel No: 0905 002 1956 Box No: 339087

JENNY 60, divorced, likes most things, seeks N/S male. Tel No: 0906 500 3778 Box No: 406655

CLARE 44, medium build, N/S, seeks male, 36-46 for friendship, maybe more. Tel No: 0906 500 3778 Box No: 406651

HI I'm Amy, 60's medium build, varied interests, likes wildlife, music, seeking someone 65-70yrs to share the good things in life. Tel No: 0906 500 3778 Box No: 404095

KAREN 50yrs tall, slim, attractive, loves sport, seeking similar aged male. Tel No: 0906 500 3778 Box No: 405045

BERNIE 27 outgoing and friendly very attractive single mum looking for mature child friendly male 45-50 for fun times, nights in or out. Tel No: 0906 500 3778 Box No: 405287

DARK haired female, hazel eyes, likes tv, films, meals out, seeking male for friendship, maybe more. Tel No: 0906 500 3778 Box No: 405459

APRIL lonely, bored 21yr old, size 16, dark hair/eyes, confident, looking for kind, loving, broadminded male 35-50 who will like me for me. Tel No: 0906 500 3778 Box No: 403931

ANN petite Scottish lass new to the area looking for genuine love interest who likes children and will make me happy. Age/looks unimportant. Tel No: 0906 500 3778 Box No: 403927

TALL sexy, intelligent lady, GSOH, 50's, looking for LTR with genuine, old fashioned gent. Tel No: 0906 500 3778 Box No: 405775

SLIM pretty lady, blue eyes, fair skin, Irish descent, new to area, likes travel, classical music, seeks male with similar interests. Tel No: 0906 500 3778 Box No: 406353

DEBS 37 green eyed blonde, loves gym, pubs, cinema etc, W/LTM male up to 45yrs for romantic dates, companionship, hopefully more. Tel No: 0906 500 3778 Box No: 406369

LUCY just looking to enjoy life, can you help? Seeks fun and good times in or out, nothing heavy just no strings meets. Tel No: 0906 500 3778 Box No: 406353

ATTRACTIVE lady 73, 5ft 9ins, intelligent, GSOH, OHAC, likes good things in life, seeks similar gent, Peterborough area. John, builder lost number. Tel No: 0906 500 3778 Box No: 406353

KATHY 27, looking for male/female for conversation and friendship. Tel No: 0906 500 3778 Box No: 406067

TRACY 35 slim pretty blonde single mum, very bored and looking for football loving male to enjoy good times together without any complications or nagging. Tel No: 0906 500 3778 Box No: 405295

ELIZABETH 37 caring honest, trustworthy, loves romantic walks and cosy nights in, looking for experienced male 50-60's for happy times together. Tel No: 0906 500 3778 Box No: 404835

LINDA 55, quiet medium build W/LTM genuine, caring male 55-60 for friendship. Tel No: 0906 500 3778 Box No: 404227

SUE easygoing smart stylish lady looking for genuine honest guy for friendship, meals in/out, leading to more. Any age/status/race. Tel No: 0906 500 3778 Box No: 404687

JAYNE 37yr old hairdresser, OHAC, willing to travel, looking for similar aged discreet businessman also seeking adult fun. ACA. Tel No: 0906 500 3778 Box No: 404683

MATURE well dressed lady, 5ft 7ins, kind, caring, loving, seeks N/S male, kind, caring, genuine, 65-75, likes meals out, walks, holidays for friendship/LTR. Tel No: 0906 500 3778 Box No: 403089

ATTRACTIVE 47yr old lady, GSOH, fun, warm, loving, seeks gent for loving, caring relationship. Tel No: 0906 500 3778 Box No: 405523

JO 42, 5ft 2ins, slim, blue/grey eyes, blonde hair, honest, genuine, seeking nice male for friendship, maybe more. Tel No: 0906 500 3778 Box No: 403133

BERNIE beautiful curvy lady seeks nice respectful relationship with mature male 40 plus, please call, lets go out and have some fun. ACA. Tel No: 0906 500 3778 Box No: 404365

TALL leggy slim brunette 37, attractive and very much single, W/LTM fun loving guy 40-60yrs who loves food, wine, cosy nights in or out. Tel No: 0906 500 3778 Box No: 404361

LINDA 55, quiet medium build W/LTM genuine, caring male 55-60 for friendship. Tel No: 0906 500 3778 Box No: 404227

TERRI 40's female, slim, dark, very attractive, loves dancing, letting hair down, W/LTM genuinely nice guy to share romance, fun and more. Tel No: 0906 500 3778 Box No: 404853

MARY Anne, attractive, blonde, blue/green eyes, tactile romantic, cultured, seeks similar male, 55-65 with GSOH. Tel No: 0906 500 3778 Box No: 398703

FEMALE 5ft 1ins, medium build, N/S, caring, loyal, likes simple things in life, seeks male for friendship, maybe more. Tel No: 0906 500 3778 Box No: 404753

RETIRED lady, enjoys dancing, walks, reading, W/LTM similar aged male for friendship initially. Tel No: 0906 500 3778 Box No: 403477

JENNY 59, divorced, N/S, driver, likes most things, seeks male for friendship, maybe more. Tel No: 0906 500 3778 Box No: 398407

KIND caring, loving female, 48, seeking male for romance, maybe more. Tel No: 0906 500 3778 Box No: 393392

BLUE eyed blonde lady, likes dancing, cinema, shows, GSOH, seeks gent, 62-67 for good times, maybe more. Tel No: 0906 500 3778 Box No: 402101

MEN SEEKING

GENUINE caring, romantic 38yr old male, new to Ipswich, OHAC, seeks genuine female for fun nights out and cosy nights in. Tel No: 0906 500 3778 Box No: 406821

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MALE 55, well groomed, cultured, discreet, seeks mature lady 55-75 for uncomplicated fun times. Tel No: 0906 500 3778 Box No: 405939

MARK 48, slim, fit, GSOH, looking for loyal partner for LTR. Tel No: 0906 500 3778 Box No: 406919

MARTIN trustworthy, warm hearted, loving, reliable male, 45, 6ft, medium build, young at heart, GSOH, seeks attractive, sexy lady for fun, friendship, possible relationship. Tel No: 0906 500 3778 Box No: 406839

ATTRACTIVE guy 40's, fit, dark hair, romantic, GSOH, adventurous, seeks attractive, sexy lady for fun, friendship, possible relationship. Tel No: 0906 500 3778 Box No: 406875

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> Golf



Winners:
Haverhill's
junior team
who beat
Newton
Green in a
friendly.

Bentley picks up major trophy

DANIEL Bentley won the D Quinney Trophy at Haverhill Golf Club.

In the juniors' competition, Bentley scored nett 67 to beat Edward Halpin by two shots. Ollie Stevenson was third with 70.

Fiona Stokes triumphed in the stableford with 38 points, six clear of Matthew Carpenter. Ewan Groves was third with 31.

Richard Boyles and Alice Iron were first in the Junior Captain's Day.

Boyles shot gross 78 and Iron fired gross 93.

Ben Bradnam claimed the 18-hole medal on countback from Joshua Hulyer after both fired 65. The 18-hole stableford was won by Carpenter with 137. And the 36-hole stableford victor was Hulyer, with 74.

Judy Farren, Chris Grainger, Sally Price and Marian Mercer won the Ladies' Open at Cannons Brook, Harlow with 126 points.

Mary Sail and Gerrie Wheatley were second out of 54 teams with 38 points in the Australian

Spoons semi-final at Eaton Golf Club.

Lyn Fish was the clear winner of the Ladies' Saturday Medal with nett 73, three better than Sail, who had the lowest gross score of 93.

Haverhill hosted the Eastern Region Senior Ladies Championship and Letchworth's Anne Coulter won the scratch prize with 77.

Stowmarket's Teresa Wardlaw was the nett winner with 75, Bishop's Stortford's Susie Hartley took the Over-50s section, Woodbridge's Ann Graces took the Over-60s category with 70 and Girtton's Sue Hill claimed the Over-70s category with 75.

Hertfordshire's Coutler, Hartley and Helena Steward won the team county shield.

Haverhill beat Stowmarket by one hole in the Challenge Trophy, but Stowmarket retained the cup on aggregate.

The ladies team defeated Cambridge Menzies 3½ - ½ and the junior team won 2½ - 1½ against Newton Green in a friendly.

> Football

Greygoose excited by new season

DEAN Greygoose cannot wait get to grips with the challenge of leading Haverhill Rovers' Thurlow Nunn League, Premier Division campaign when the season gets under way on Saturday.

After years of experience as a goalkeeping coach, assistant manager and player/coach, he has the role of manager at a senior club for the first time.

And with a string of new signings, he is confident the club will improve on last season's 10th place.

"The club has a three-year plan to get promoted so that's what we're aiming for," he said.

"The club and the chairman are ambitious and we want to play a style of football that people will want to watch.

"We also want to be successful but the league is going to be the toughest it's been for a couple of years. There are six to eight clubs who could win it."

Greygoose has been encouraged by his player's pre-season performances and expects them to be ready when they face Wivenhoe Town away on Saturday.

New signings include Richard Gammon, George Darling, Andrew Ofuso, Ben Robinson, Dan Jeffrey and Jamie Greygoose.

Among those to have left are Aaron Forshaw and Jack Higgs.

"I'm pretty happy with the squad I've got," added Greygoose.

"I'm always looking to improve so there's probably two more players in certain positions that I'd like.

"In previous years the starting 11 at Haverhill has been as good as anyone's,

the problem has been with squad depth. "We've got some good young players here but they're not quite ready yet.

"It's a great chance to help develop a club that's got good potential. It's going to have to be done with hard work and bringing through our own players.

"We haven't got the money to splash out but in two to three years we'll have a lot of players coming through."

There is a sense of anticipation for Haverhill Borough as they get ready to make their debut in the First Division at home to Ipswich Wanderers on Saturday.

The club were formed in 2011 as Haverhill Sports Association and two promotions in as many seasons has seen them progress rapidly.

They changed their name to Borough this year and were elected to the First Division after finishing second in last season's Essex and Suffolk Border League Premier Division.

Borough chairman Barry Geohegan knows they face a big step up but is optimistic they will be competitive.

"Everybody is excited," he said. "We've managed to keep a lot of the squad from last season and several of the lads turned down approaches from higher-level clubs.

"They wanted to stay for at least one season after doing the hard work of getting to this level. I think we can finish mid-table if we stay with it."

Among those who have stayed are captain Jon Welsh and vice-captain Ross Elkins, who manager Ben Cowling moved quickly to secure the services of early in pre-season.

> Motorsport

Paffett happy with fifth

GARY Paffett was satisfied with fifth place at the DTM's first visit to Moscow, Russia.

He started Sunday's race from seventh in his Euronics Mercedes AMG C-Coupe and gained places at the start but was unable to challenge leader and eventual race winner Mike Rockenfeller in the Audi RS5.

He battled with Jamie Green for fifth before finally passing the Audi driver with six laps left. Paffett is third in the

championship with 57 points, 37 behind leader Rockenfeller.

"I'm happy with the result," said the Haverhill driver.

"It was the best possible result as we couldn't find the speed all weekend. The crew did a great job during pits stops and our strategy worked out well. We need to work hard before the Nürburgring in a couple of weeks to find that extra speed."

The championship heads to the Nurburgring on August 18.

> Cricket

Downpour hurts Haverhill's hopes

RAIN put paid to Haverhill's hopes of a result at home to Elmstead Grasshoppers with their Marshall Hatchick Two Counties Championship, Division One clash abandoned.

Callum Brunning clinched 4 for 72 as the visitors posted 242 for 8, but Adam Dellar and Amit Gupta took the score to 36-0 off six overs in reply with some fluent and attacking strokeplay.

As the rain clouds rolled in, Gupta was well caught in the gully and with the game finely poised, a deluge halted Haverhill's reply after just eight overs on 36 for 1.

Stand-in captain Joe Woodley said: "The wicket of Gupta could have been hugely significant and Elmstead may feel it had perhaps tilted the game in their favour, however, Dellar was looking in great nick as usual and Luke is having one of his best seasons."

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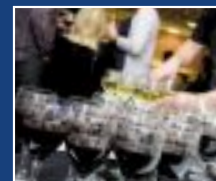
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